



samaritans

EMOTIONAL COMMUNICATION TOOLKIT

for kids



2024

HOW TO TALK ABOUT YOUR FEELINGS for kids!

It can be hard to talk about what you're feeling. It's also hard when people don't know what you need from them. Talking to the people in your life about your feelings and experiences can help you feel more understood!

Fill-in the boxes below with the things you want people to know about you!

I FEEL SAD WHEN...

I GET SCARED WHEN...

I DON'T LIKE WHEN...

I NEED PEOPLE TO KNOW...

I FEEL APPRECIATED WHEN...

I FEEL LOVED WHEN...

Exploring All My Feelings

Share examples of when you've experienced any of these feelings!



A time I felt **happy** was when _____



A time I felt **confused** was when _____



A time I felt **worried** was when _____



A time I felt **proud** was when _____



A time I felt **embarrassed** was when _____



A time I felt **silly** was when _____



A time I felt **brave** was when _____



A time I felt **disappointed** was when _____



A time I felt **angry** was when _____



A time I felt **loved** was when _____

NAME:

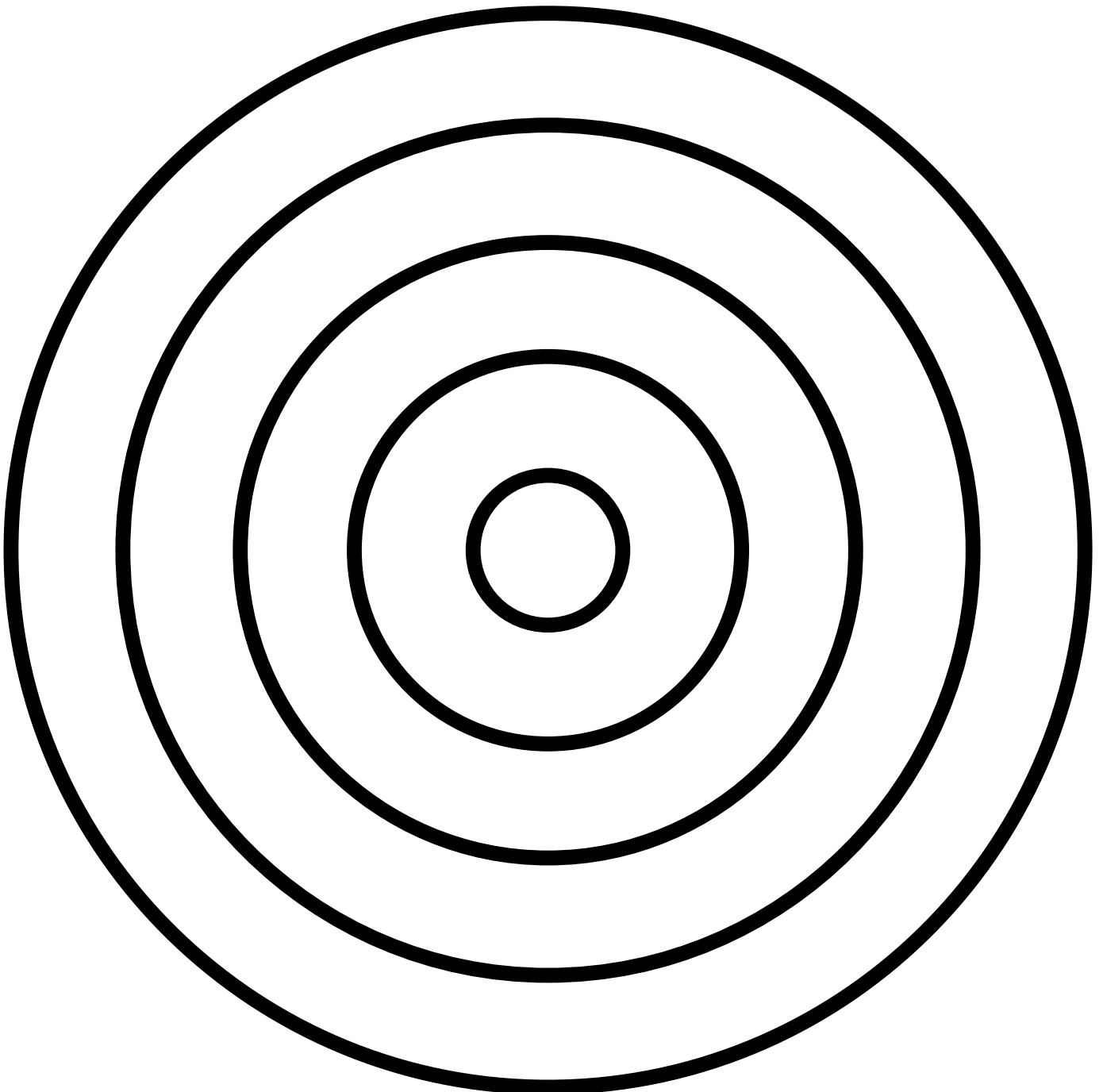
DATE:

Mood Thermometer

Use the mood thermometer to take your emotional temperature. Mark how you are feeling now and note some things you can do with these feelings.

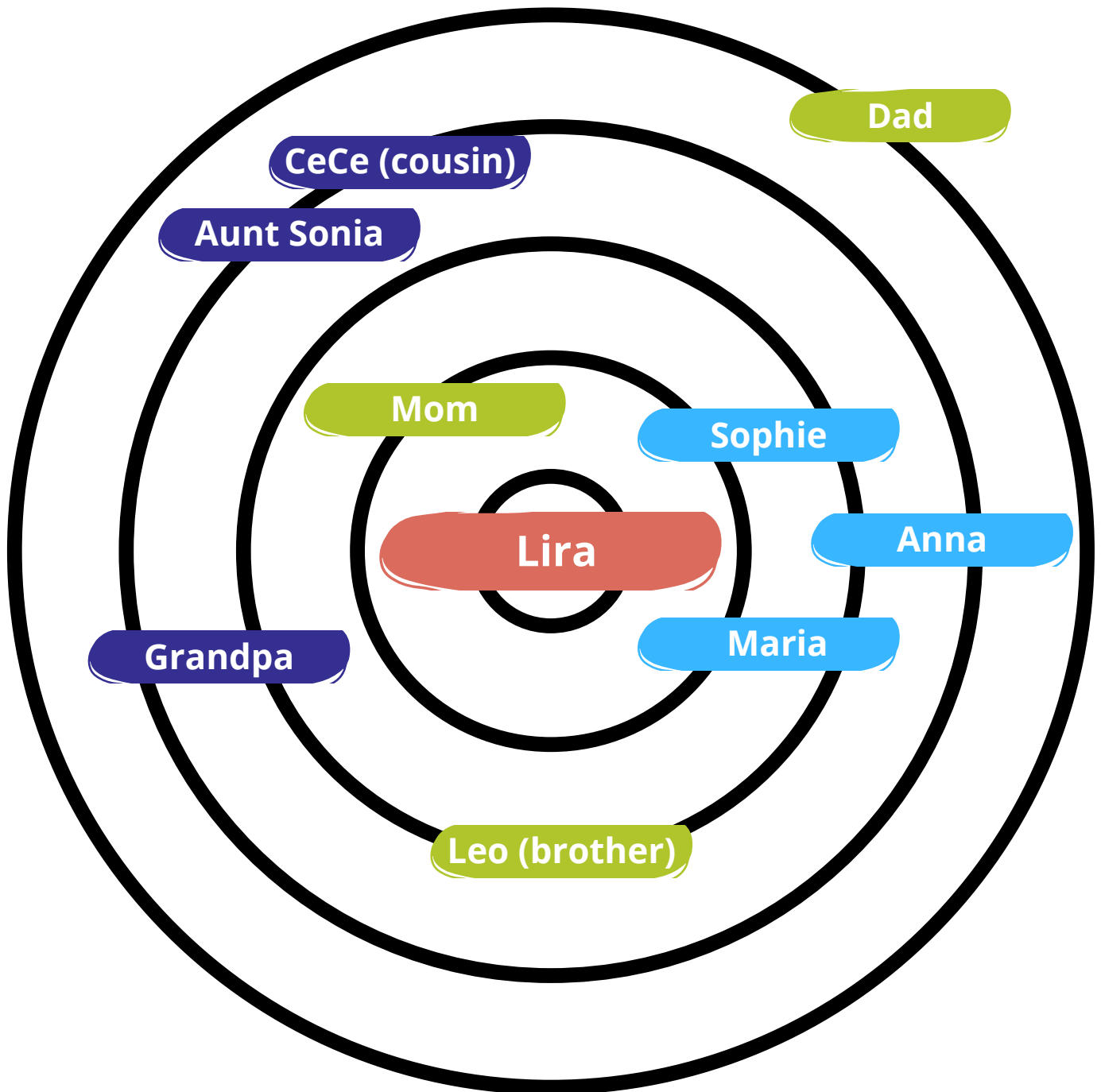
	How I feel	What I can do
10		
9		
8		
7		
6		
5		
4		
3		
2		
1		

CLOSENESS CIRCLE



SAMPLE

CLOSENESS CIRCLE



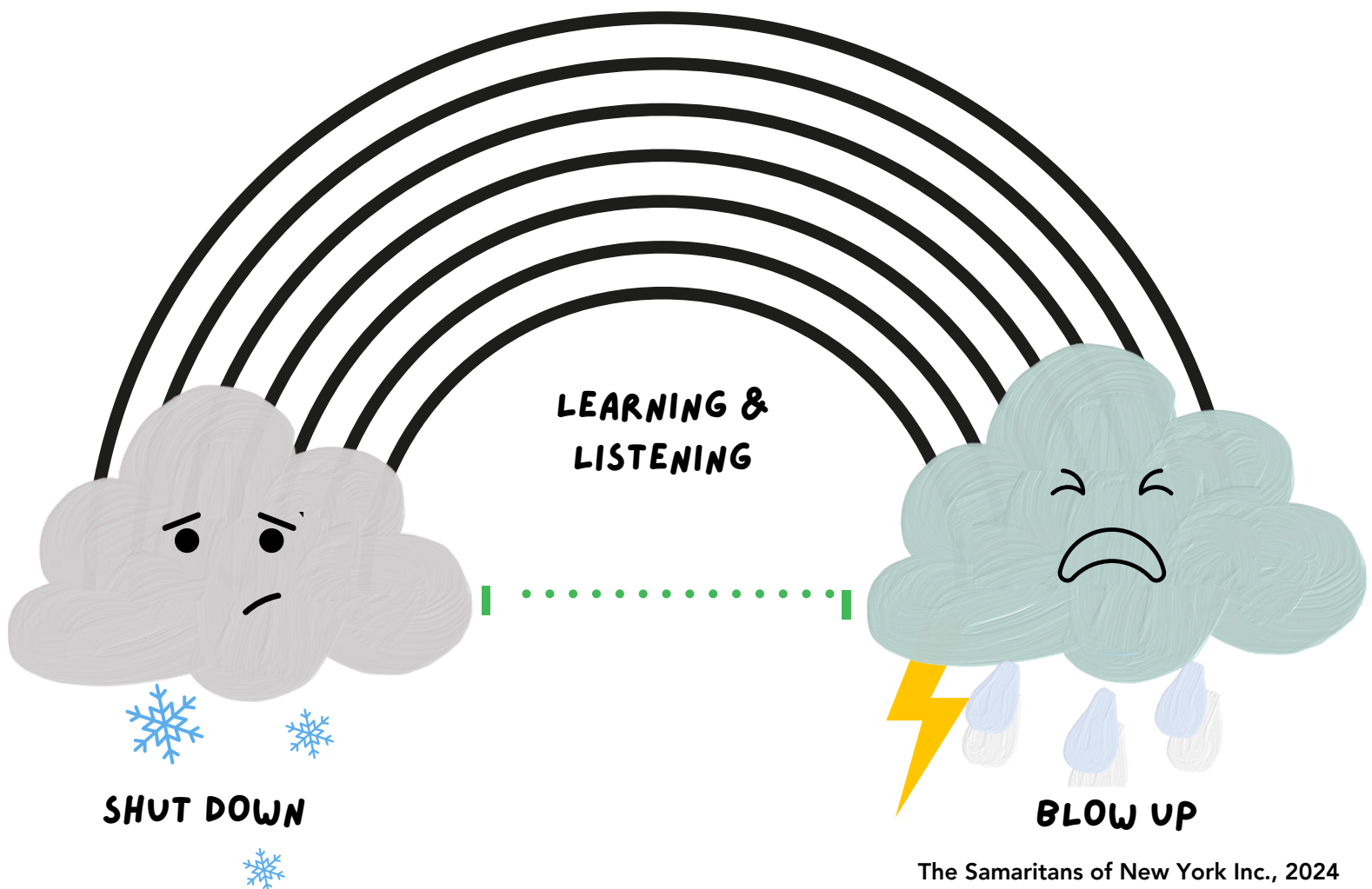
FEELING FORECAST:

WHEN WE ARE CALM AND READY
TO LEARN WE ARE LIKE A RAINBOW

WHEN WE WANT TO STORM OFF WE
ARE LIKE A SNOWSTORM.

WHEN WE FEEL LIKE WE NEED TO SCREAM
WE ARE LIKE A THUNDERSTORM.

COLRO THE RAINBOW BELOW AND PUT AN "X"
WHERE YOUR FEELINGS ARE NOW.



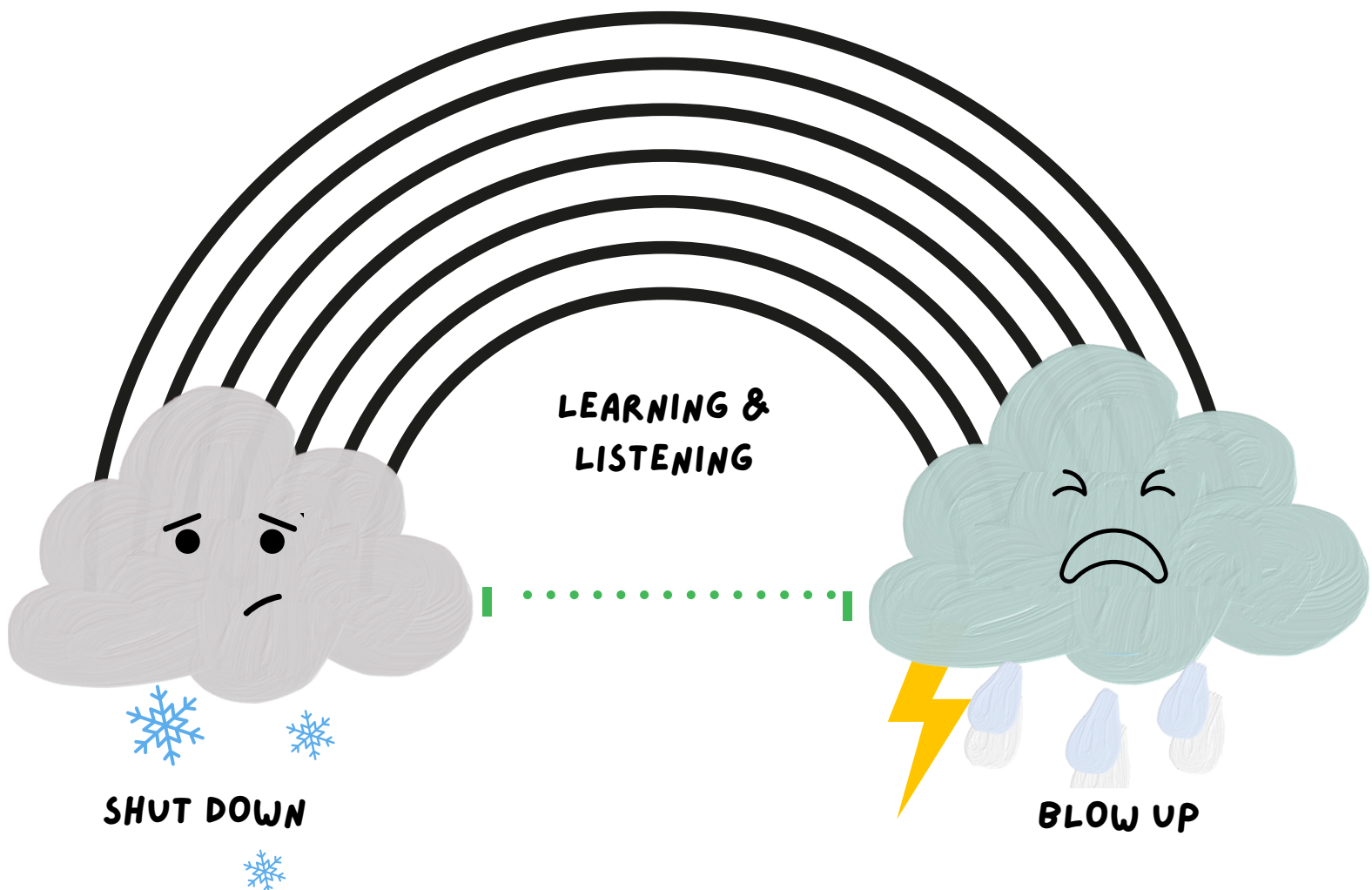
SENSACIÓN DE PRONÓSTICO:

**CUANDO ESTAMOS TRANQUILOS Y LISTOS
PARA APRENDER SOMOS COMO UN ARCO IRIS**

**CUANDO QUEREMOS IRNOS ENOJADOS.
SOMOS COMO UNA TORMENTA DE NIEVE.**

**CUANDO SENTIMOS QUE NECESITAMOS
GRITAR SOMOS COMO UNA TORMENTA.**

**COLOREA EL ARCO IRIS ABAJO Y PON UNA "X"
DONDE ESTÁN TUS SENTIMIENTOS AHORA.**

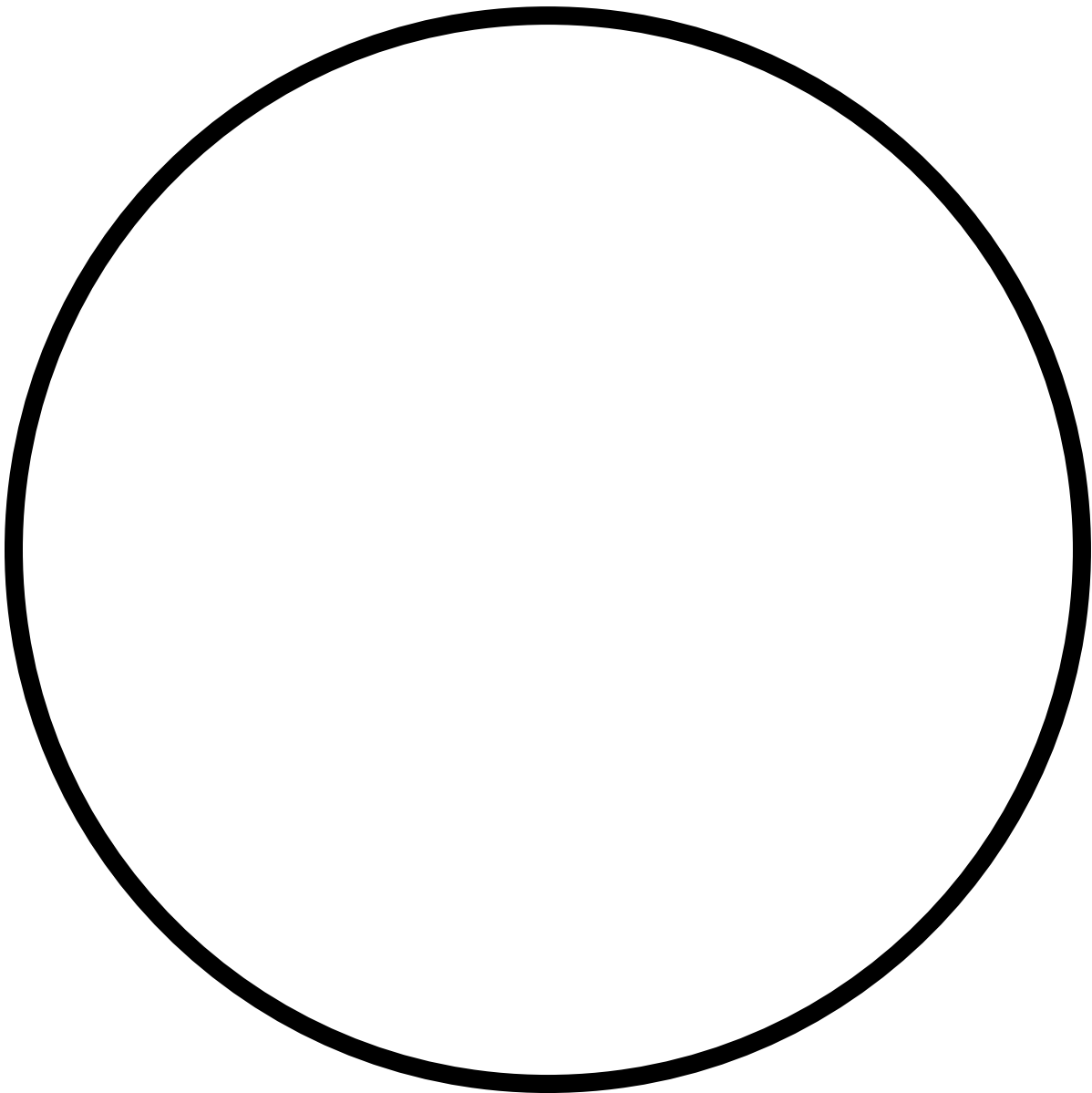


Name: _____

Date: _____

TODAY I FEEL

Use the space below to draw a face that shows how you feel right now.

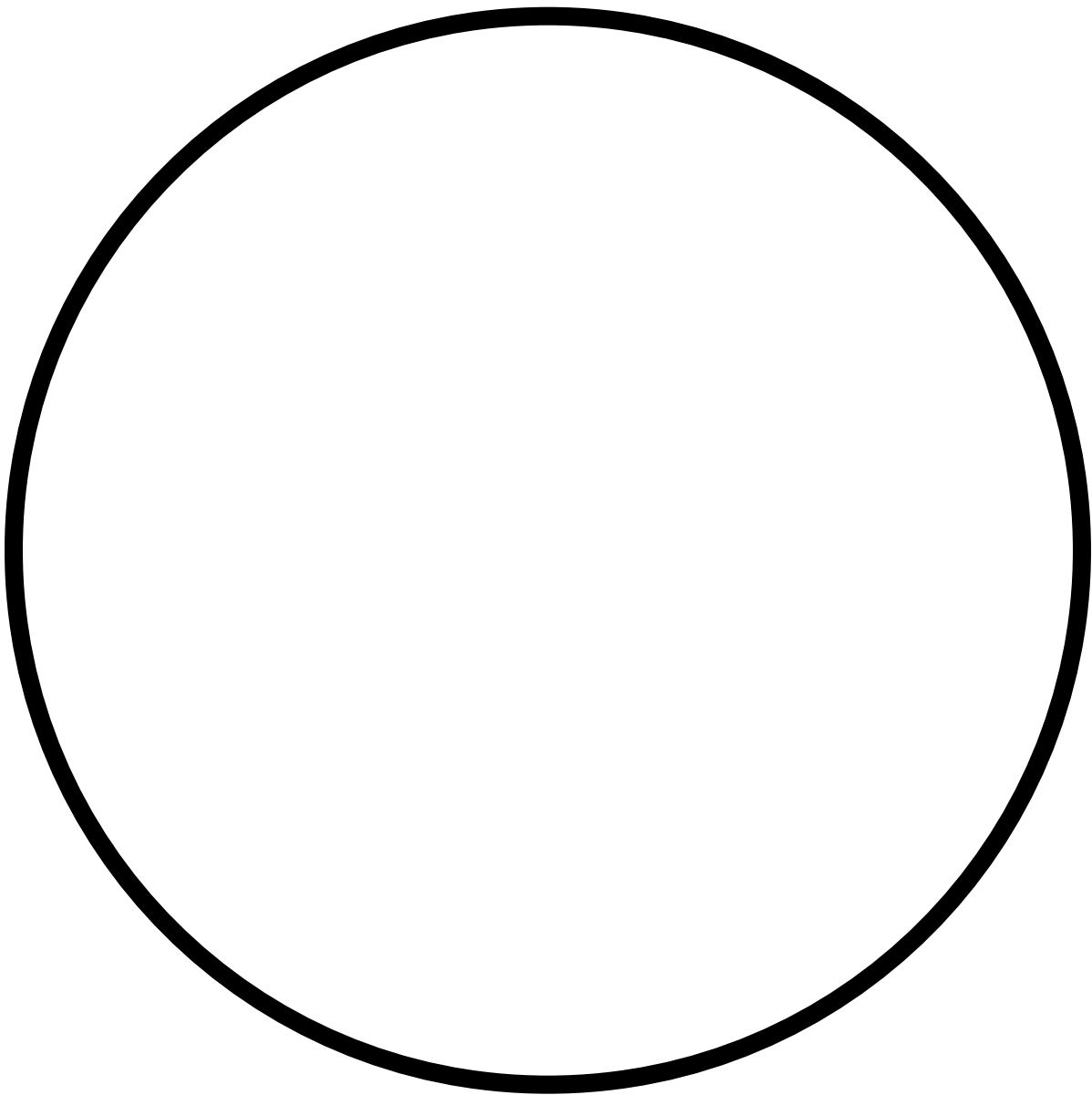


Nombre: _____

Fecha: _____

HOY ME SIENTO

Usa el espacio debajo para dibujar un rostro que muestre como te sientes ahora.



Samaritans
SUICIDAL PREVENTION CENTER



COPE- CAKES



**Helpful Tools
for Kids**



COPE- CAKES

Helpful Tools
for Kids

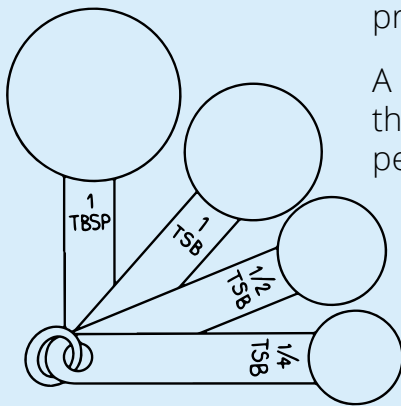
What is a cope-cake?

Cope-cakes are tools that help people feel better when they are experiencing strong emotions or difficult situations.

They can help a person manage distressing feelings like anger, sadness and frustration.

Cope-cakes are unique to each person and the strategies that work best for them.

Cope-Cake Ingredients:



Coping is a skill and something people learn with practice. Cope-cakes are a way to learn healthy coping.

A cope-cake can be anything that helps someone when they are having a hard time as long as it is safe for the person and others around them.

- Places that make me feel safe.
- People I trust who help me feel better.
- Things I can do to calm my mind and my body.
- Positive things I know about myself.
- Encouraging thoughts I can say to myself.

A Box of Cope-Cakes

No single tool or cope-cake "flavor" will work in every situation. It's helpful to have a variety to choose from depending on what's going on.

Cope-cakes can be used on their own or they can be used together if someone is feeling a *really* strong emotion.



Draw a picture



Sing a gentle song



Ask for a hug



Take 10 deep breaths



Talk to a trusted friend



Baking My Cope-Cake:

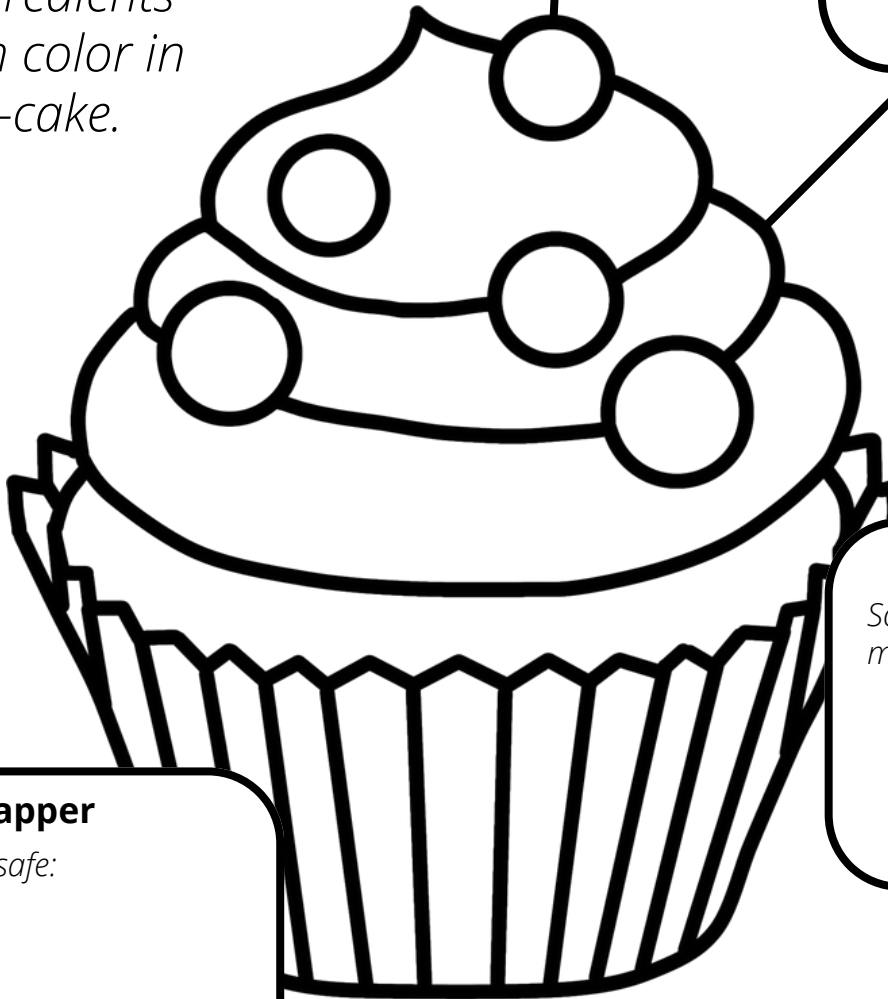
Sprinkles

Words of encouragement:

Frosting

People who can help:

Write down your own "ingredients" and then color in the cope-cake.



Wrapper

Places I feel safe:

Cake

Something I know about myself that can help:



My Box of Cope-Cakes

When choosing your cope-cakes ask yourself these questions:

- Is it good for you?
- Is it good for others?
- Is it easy to do?
- Does it make you feel better?

Pick cope-cakes that have a "yes" for all questions.



In each box write down the name of one cope-cake tool or "flavor" that can help you feel calm.

For example:

Take a walk.



Blank box for writing a cope-cake tool or flavor.



Blank box for writing a cope-cake tool or flavor.



Blank box for writing a cope-cake tool or flavor.



Blank box for writing a cope-cake tool or flavor.



Blank box for writing a cope-cake tool or flavor.



COPE- CAKES

Helpful Tools
for Kids

Cope-Cake Recipe:

Follow this cope-cake "recipe" when you are feeling upset.

Go through each step to help yourself feel safe and calm.

Ingredients:

Directions:



COPE- CAKES

Helpful Tools
for Kids

Baking My Cope-Cake:

Sprinkles

Words of encouragement:

My voice is important.

I am doing my best.

It's ok to make mistakes.

Frosting

People who can help:

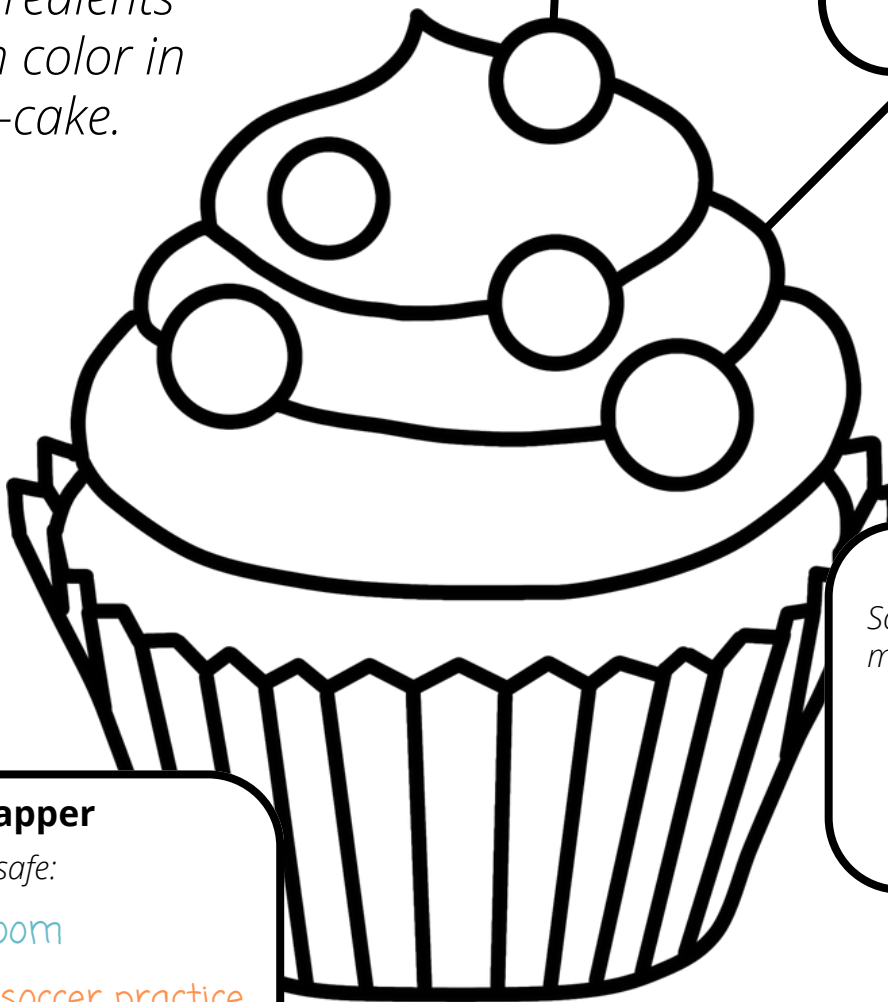
My mom

Mrs. G

Grandpa

Kiara

Write down your
own "ingredients"
and then color in
the cope-cake.



Wrapper

Places I feel safe:

My bedroom

At soccer practice

At school

Cake

Something I know about
myself that can help:

I am strong.

I am creative.

I am kind.

SAMPLE



My Box of Cope-Cakes

When choosing your cope-cakes ask yourself these questions:

- Is it good for you?
- Is it good for others?
- Is it easy to do?
- Does it make you feel better?

Pick cope-cakes that have a "yes" for all questions.



In each box write down the name of one cope-cake tool or "flavor" that can help you feel calm.

For example:

Take a walk.



Tell myself 3 encouraging thoughts.



Read a book or poem.



Squeeze my hands and then let go.



Listen to gentle music.



Do 5 jumping jacks.

SAMPLE

COPE- CAKES

Helpful Tools
for Kids

Cope-Cake Recipe:

Follow this cope-cake "recipe" when you are feeling upset.

Go through each step to help yourself feel safe and calm.

Ingredients:

5 deep breaths

1 drink of water

1 encouraging thought "I can do hard things!"

If needed, ask for help

Directions:

When I notice my voice getting louder and louder I will pause and take 5 deep breaths. Then I will have a drink of water and tell myself that "I can do hard things!"

If I'm still having trouble I will ask for help from someone I trust.



SAMPLE