

# Name It to Tame It Worksheet

Client name: Ryan Jacobs Age: 9

Parent/guardian's name: Susan and Michael Jacobs Date: Nov. 25, 2024

This worksheet is a tool to help you or your child understand and manage emotions better. After feeling a strong emotion, it can be helpful to name the emotion and talk about it. This can make the emotion feel less overwhelming and easier to handle.

First, calm yourself or your child down by doing these steps:

1. **Connect:** Find physical comfort by sitting at a comfortable spot or hugging a pillow. If your child is feeling the emotion, offer comfort to your child, like holding their hand or giving them a hug.
2. **Name the emotion:** Gently try to identify the emotion or help your child name the emotion they are feeling.
3. **Breathe:** Take a few deep breaths to help them calm down.
4. **Redirect:** Once you or your child is a bit calmer, gently redirect attention to something else, like a calming activity or a favorite toy.
5. **Talk about it:** When ready, talk about what happened and how it felt. Fill out this worksheet or talk to your child while filling out the field below.

## Identify the emotion

How are you feeling? Describe the emotion. Where do you feel it in your body? What does it make you want to do?

I feel really mad and like my chest is tight. My hands feel like they want to punch something, and I want to yell.

Try to put a name to the emotion. Write the name below.

Angry and frustrated.

## Explore the emotion

Try to put a name to the emotion. Write the name below.

My little brother kept playing with my toys after I told him to stop, and my mom didn't do anything about it.

What thoughts are associated with this emotion?

It's not fair. Nobody listens to me, and I feel like no one cares.

### **Coping with the emotion**

What things or activities help you feel better?

Playing video games, squeezing my stress ball, or hugging my dog.

### **Reflection**

Do you think you handled it well?

I yelled at my brother and knocked over some blocks he was building. He stopped, so it worked

Do you want to try something different next time? List a few ways to cope that you would like to try.

Maybe I can tell Mom how I feel without yelling.

Have you felt this emotion before? If so, how did you cope with it in the past?

Sometimes I yell, but last time I hugged my dog, and it helped me calm down.

### **Additional notes**

Ryan's parents reported frequent outbursts when he feels ignored or misunderstood. They also acknowledge modeling similar angry reactions at times. The family is encouraged to work on using calm communication and emotional regulation techniques together. Exploring family therapy may be beneficial for improving overall emotional regulation and support.