

Name It to Tame It Worksheet

Name:	Emilia Stevens	Age:	6
Name of Parent/Guardian:	Sarah Stevens	Date:	2/28/24

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?

Emilia said she felt like there was a heavy stone in her stomach and she wanted to hide under her bed.

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

Scared. Fear.

Explore the Emotion

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

Emmy was scared about her first day of school and meeting new people.

What thoughts are associated with this emotion?

She was worried that the other kids wouldn't like her and that she would get lost.

Coping with the Emotion

What things or activities help you feel better?

Hugging her teddy bear and reading a story with me made her feel better.

Reflection

Do you think you handled it well?

Emmy thinks she did okay but wishes she wasn't so scared. I think she handled it pretty well, I was a bigger mess on my first day.

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

Emmy wants to try imagining her favorite superheroes with her at school and practicing what to say to new friends.

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

She felt scared on her first visit to the dentist, but she coped by holding my hand through the whole check up. It helped that the dentist was really nice to her too.

Healthcare Professional's Additional Notes and Recommendations

Emilia showed great progress in identifying and expressing her emotions. Continued practice with the worksheet and positive reinforcement of her coping strategies will further help her manage her fears. It might be beneficial to arrange a playdate with a classmate before school starts to alleviate some of her social anxieties.