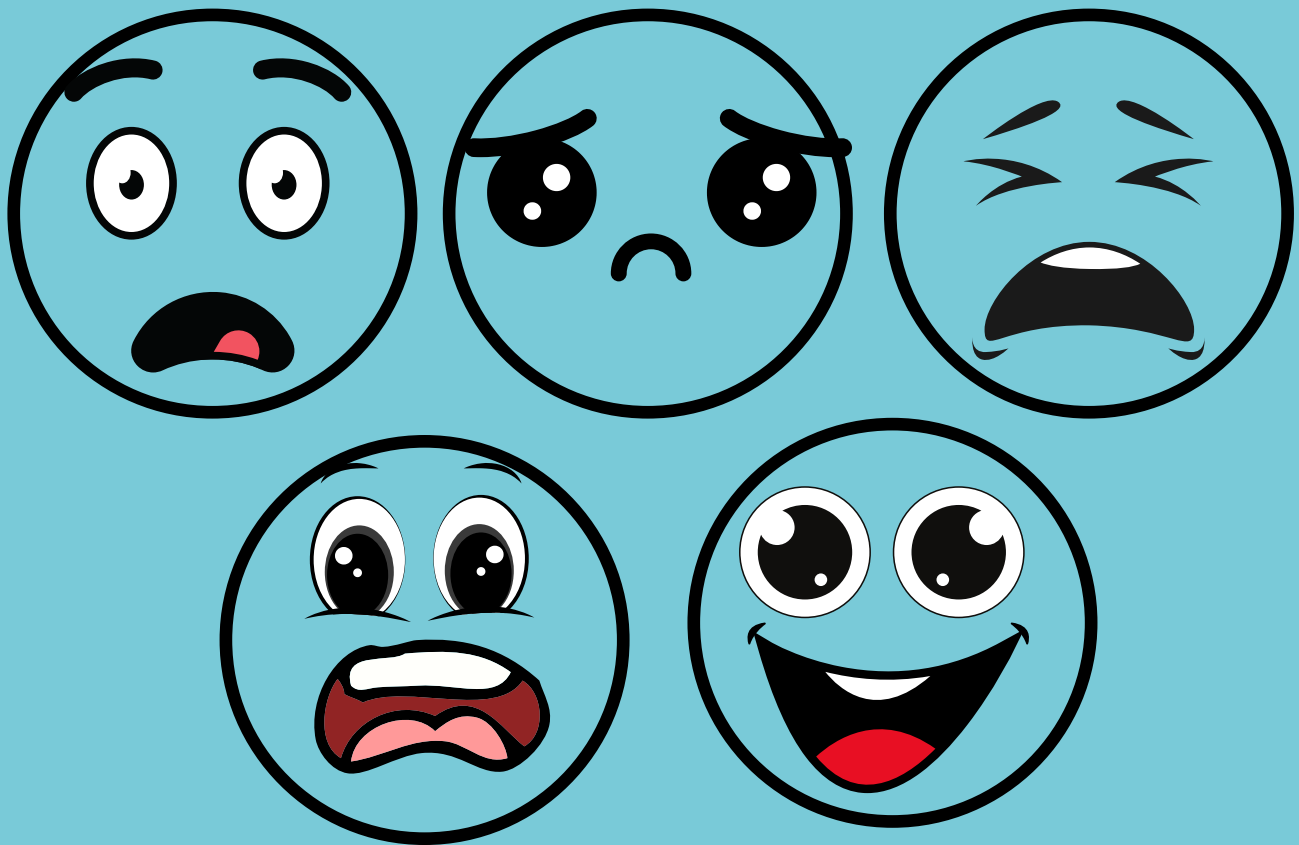


EMPOWERING EMOTIONS



Happy - Sad - Joy
Mad - Surprised

NOTE TO PARENTS

Hello Parents,

This tool is created to empower the child to recognize their feelings, label them and process them.

For most of us, we learn at a young age to “quiet down”, “not be heard”, and to stuff our feelings or emotions. This causes us to grow up doing the same thing as an adult.

What a great opportunity to start early to teach our kids to recognize, have ownership of and care for their emotions. So they can then process and overcome them and grow up to be brave, confident, self governing adults.

If you see a need or want to offer a change in this product to help more families, please reach out.

Thank you,

~ Natasha Greer ~



*This is not professional, medical or financial advice.

HOW TO USE THIS TOOL

1. Walk with your child through each step at home to use until they LEARN and adopt it. Having the child participate in any way is great for their learning and shifting behavior. If you would like a PDF, please contact me.

2. You can review it alone and apply it to an older child with only your words. Help them to acknowledge each step and process their emotions to be empowered.

3. For younger kids or kids who are having a greater challenge to connect with their emotions, please see the options on my website or reach out to me. There are many reasons their emotions may already be “shut” down or not in alignment with what they are truly feeling.

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YOUR NOTES

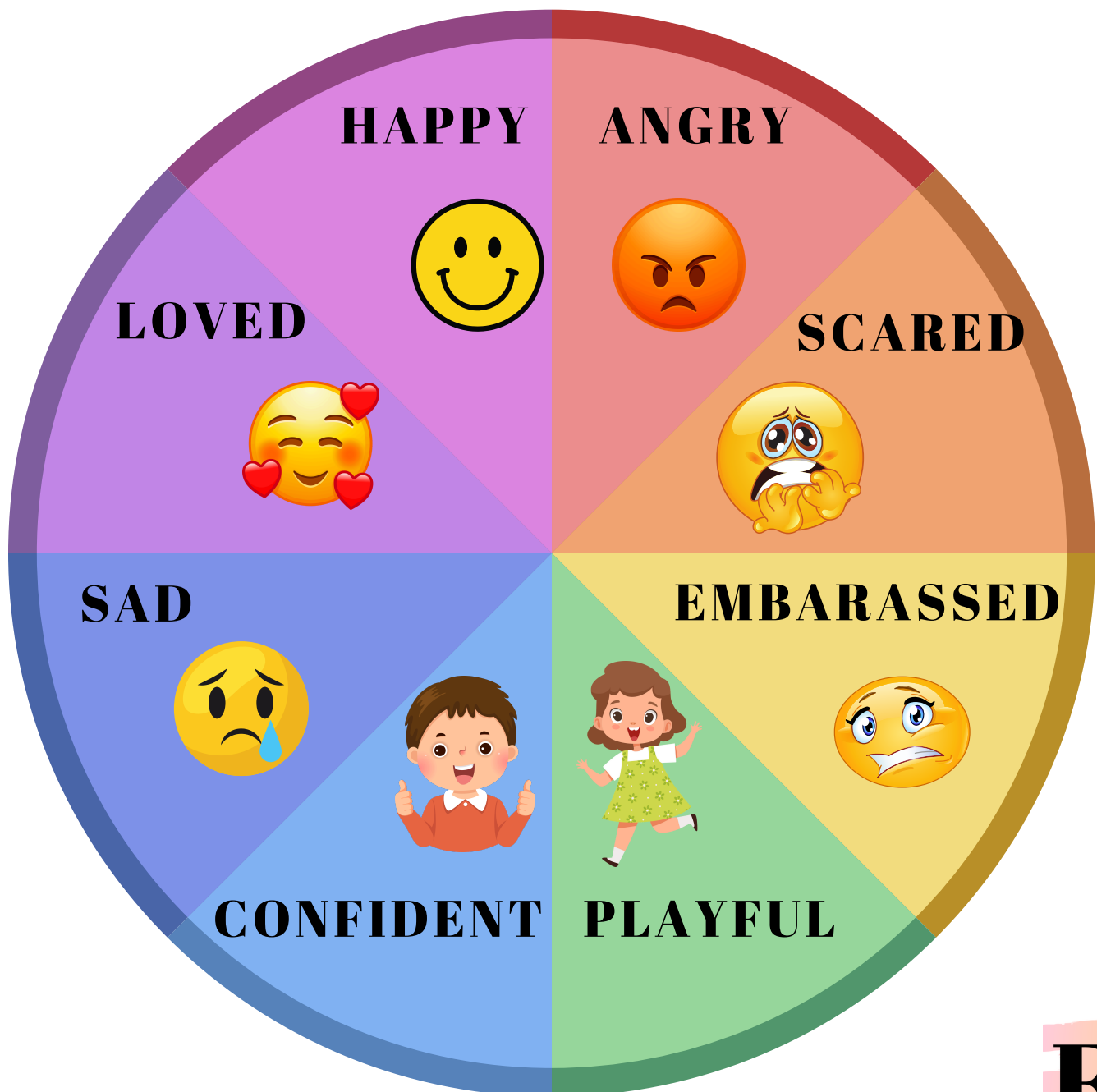
*This is not professional, medical or financial advice.

STEP ONE: LABEL YOUR EMOTION

Let's start with labeling your emotion. Use the emotion wheel on the next page if needed.



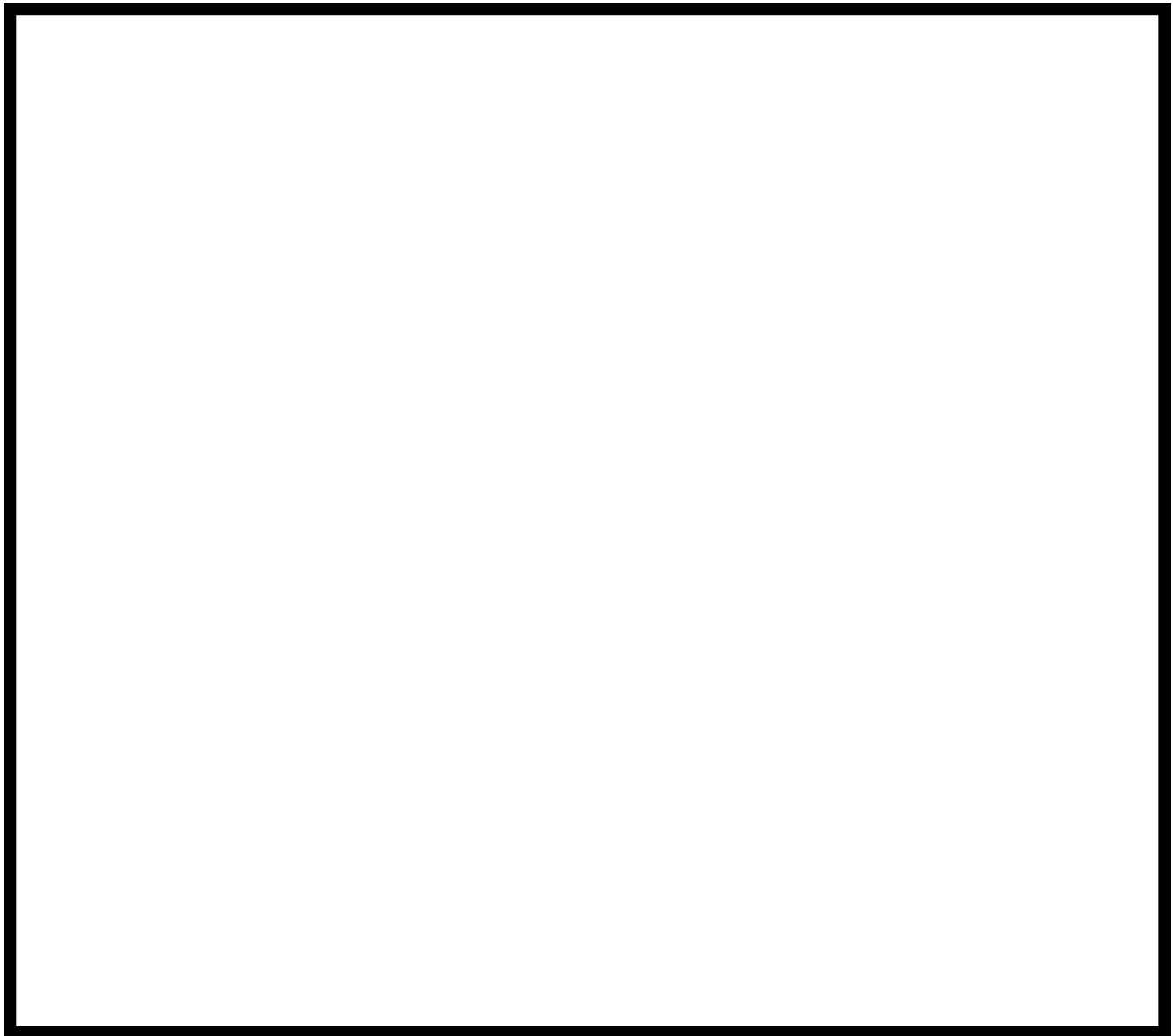
EMOTION WHEEL



STEP ONE:

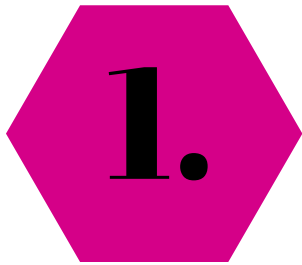
LABEL YOUR EMOTION

Use this space for the child to draw out their emotions. Some kids may not have words yet, but they can draw or color.



STEP TWO: PROCESS YOUR EMOTION

Processing the emotion helps the child know what to do when they feel an emotion. To do this, we have to know where it came from, when it started and why are they having the emotion.



When did the emotion start?



What happened right before the emotion came?

*It is okay if the information is unknown. Fill out what you discover and still continue to process the next few pages.

STEP TWO:

PROCESS YOUR EMOTION



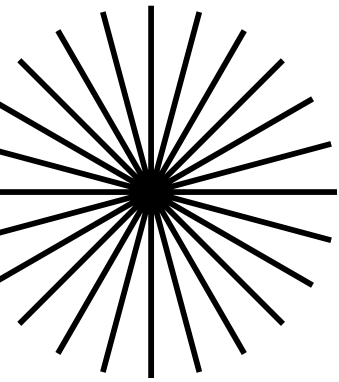
What other person was involved in this moment?



Where did this happen?

STEP THREE: RECREATE THE NEW

Now that we have labeled the emotion and processed through why the emotion came, we will now need to do any “healing” required to redeem the “pain”.

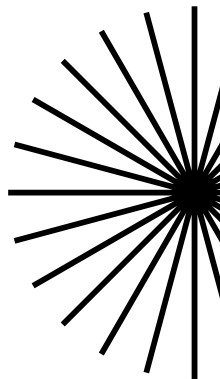


Forgiveness - forgive those who have hurt you or were mean to you.

I choose to forgive _____

for _____.

(Yelling, hitting, forgetting me, etc.)



STEP FOUR: RELEASE THE EMOTION

Read out loud this statement.

Put in your feelings and emotions.

I am feeling

(emotion that was labeled)

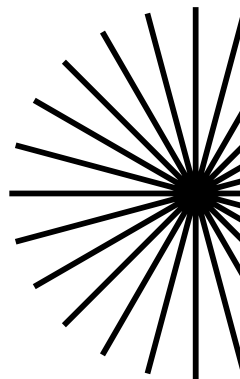
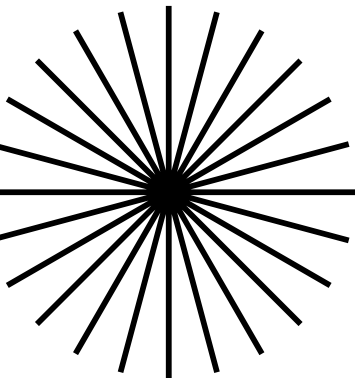
and

_____.

(feelings -result of the emotion, ie: "it hurts")

**I choose to release this
now.**

Have your child take a deep breath in for 4 seconds and release for 4 seconds. Doing this a few times will assist the body to agree with what you are doing.



STEP FIVE:

RECREATE THE NEW

Parents, in this step you are to create what it is you are wanting to redeem and then have the child declare that with their words.



Step One:

Speak the good you want to create in replacement of the emotion you have processed.



“I choose to think on

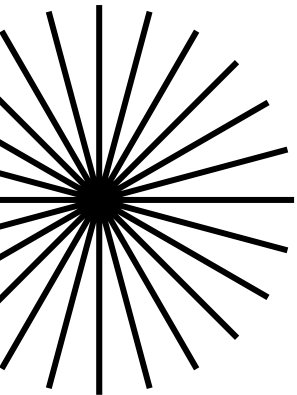
(God’s Truth. Joy. Peace. Etc.)

instead of

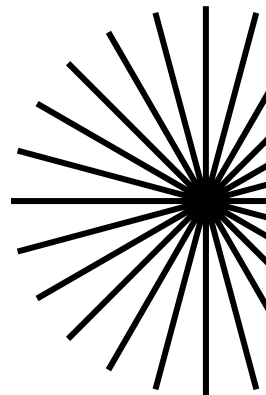
(The lie the feelings were creating of fear, I’m not loved, etc).

STEP FIVE: RECREATE THE NEW

Parents, please walk with your child through this final step.



Step Two: Speak the good you want to create within your body as a response to this moment.



I speak to my body to be at peace and release any stress or

(The emotions they were experiencing)

I declare into my future that it will be one of

(Hope, joy, prosperity, love, etc.)

YOUR NOTES

GREAT JOB!

Great job families!

Thank you for making the time to get through this with your child. I believe it to be a major key to becoming a successful person in life, business and relationships.

As you walk through this multiple times a day, you will make it a habit for your child to be empowered by their emotions and not controlled by them.

I would love to hear your stories, testimonies, feedback or questions. You can reach out to me on the website, text me at (980) 202-2487, or by email at Natasha@Encounter247.com.

May you and your family prosper as your soul prospers!

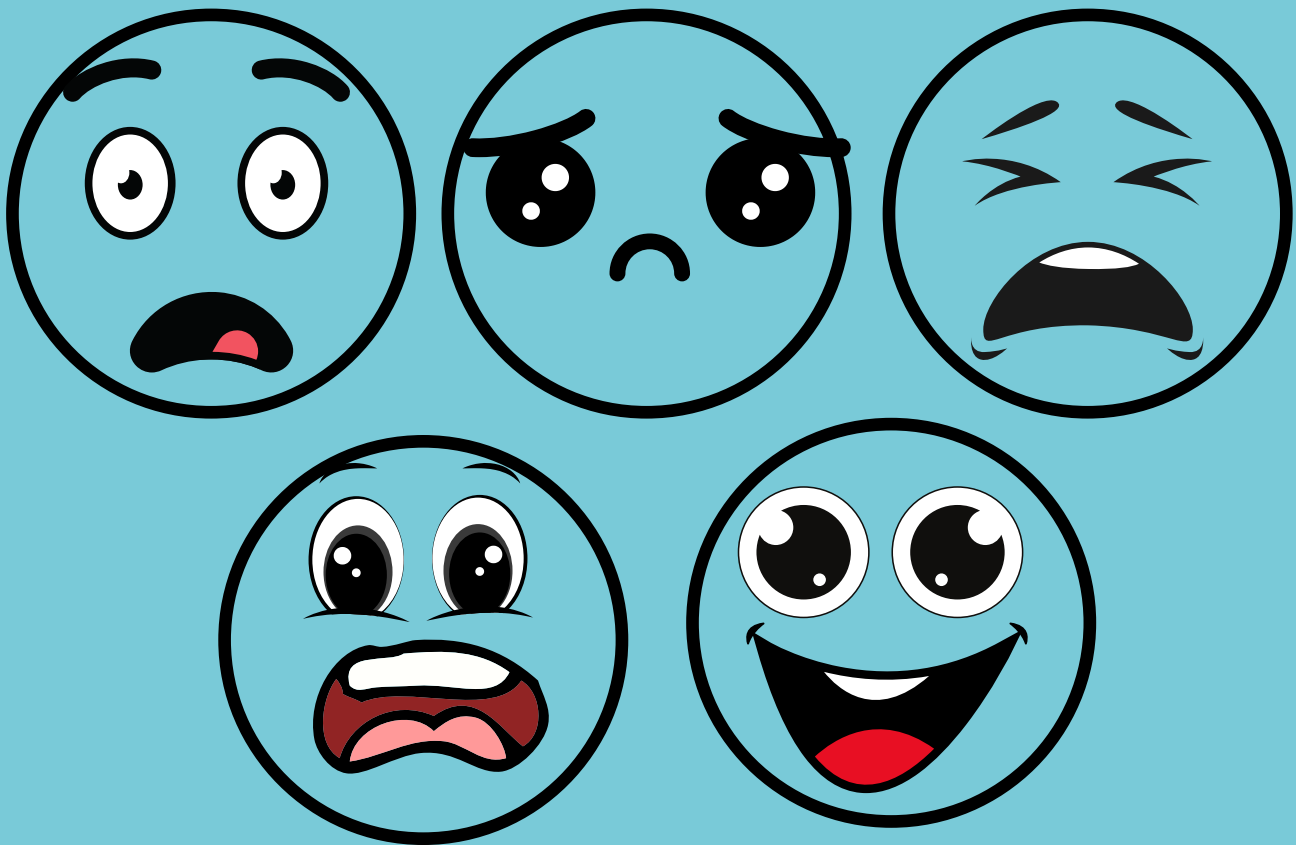
Abundant Blessings,

~ Natasha Greer ~



*This is not professional, medical or financial advice.

EMPOWERING EMOTIONS



Thank you for your support and
may your family grow in
empowering emotions daily!