



The Colour Monster Feelings Doctor

Creating your own emotions kit

- 1) Choose an empty box, bag or suitcase
- 2) Place all the things that help you regulate & calm strong emotions, like anger, sadness, worry, anxiety. They can be anything that helps, objects, notes, photos, drawings
- 3) Collect everything that connects you to what you like such as photos or drawings of people who help you or places that help you feel calm & safe

A note for parents & carers

We do not learn to regulate ourselves.

We are born with huge capacity to feel emotions, but we are not born knowing how to regulate these. As children, we need adults to respond to our physical & emotional needs and help us calm down. This helps us grow into adults who can regulate our emotions & help others do this.



Listen to your body, listen to your heart

How we feel & sensations in our bodies that accompany them are important; it's important to teach us to listen to them & validate them from a young age. They help us to see who we are & what we need to be okay. If we learn to listen to these signs and understand them we can start to guide ourselves & make better decisions..



Children should be able to say 'no'

We need to teach children that it's ok to say no to situations they don't like. Understanding & respecting no helps children develop strength, self-esteem & strong spirits.

Our love is unconditional

Our children should be sure that we will always love them no matter what. It is important that they understand that everyone gets angry sometimes but it does not mean we stop loving them.



How to complete a referral



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Speak with school



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