Name It to Tame It Worksheet

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Client information: _____ **Parent/guardian's name:** _____

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: 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. Name the emotion: Gently try to identify the emotion or help your child name the emotion they are feeling. Breathe: Take a few deep breaths to help them calm down. Redirect: Once you or your child is a bit calmer, gently redirect attention to something else, like a calming activity or a favorite toy. 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?

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

EXPLORE THE EMOTION

What was the reason you started feeling this emotion?

What thoughts are associated with this emotion?

COPING WITH THE EMOTION

What things or activities help you feel better?

REFLECTION

Do you think you handled it well?

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

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

ADDITIONAL NOTES

Specify below: