



**MINDFUL
EMOTIONS
FOR KIDS**
(AND THEIR PARENTS :)

INFINITE KIDS

MY EMOTIONS ARE VISITORS

laying the foundation for healthy emotional regulation

1

emotions are simply energy passing through our bodies

2

to work through them, we can start by naming them as feelings

3

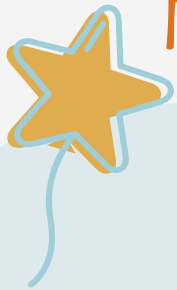
we can allow them to be as they are + investigate them with kindness

4

then, when we are ready, we can choose to let them go

WELCOMING MY FEELINGS

a simple practice for kids



Name it

Recognize the feeling that you are experiencing. Give the feeling a name if you can. Identifying the feeling can take its power away.

"I feel sad that I can't find my favorite toy."



Allow it

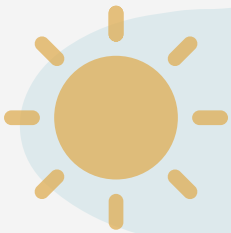
"I feel like crying. I am going to let the tears flow."



Allow the experience to be there, just as it is. It may be uncomfortable, but it's just an emotion that will pass. It's here right now, so don't fight it.



Feel it



How does it feel in your body? Is it making you tense or uncomfortable? What types of thoughts does this emotion cause you to think about?

"I feel tightness in my heart. I'm thinking - what if I never find it?."



Release it

"Right now, I feel sad. But, I know in time, this feeling will pass."



This emotion is not who you are, it's a feeling that will go away with time. Feel and then let it by pass when it's ready.



WELCOMING MY FEELINGS



a practice sheet for kids

The Situation

Three horizontal lines for writing the situation.

NAME IT

Recognize the feeling and name it.

Five horizontal lines for writing the name of the feeling.

ALLOW IT

Allow the experience to be there, as it is.

Five horizontal lines for writing the experience.

FEEL IT

How does it feel in your body? Any thoughts?

Five horizontal lines for writing the physical sensations and thoughts.

RELEASE IT

The feeling will pass, let it go when you're ready.

Five horizontal lines for writing the release process.

WELCOMING MY FEELINGS: CARDS



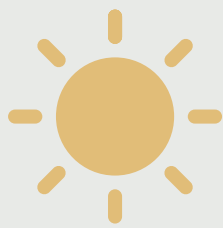
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Recognize the feeling that you are experiencing. Give the feeling a name if you can. Identifying the feeling can take its power away.



Allow it

Allow the experience to be there, just as it is. It may be uncomfortable, but it's just an emotion that will pass. It's here right now, so don't fight it.



Feel it

How does it feel in your body? Is it making you tense or uncomfortable? What types of thoughts does this emotion cause you to think about?



Release it

This emotion is not who you are, it's a feeling that will go away with time. Feel it and then let it by pass when it's ready. You can even use a mantra - "feelings come, and feelings go."



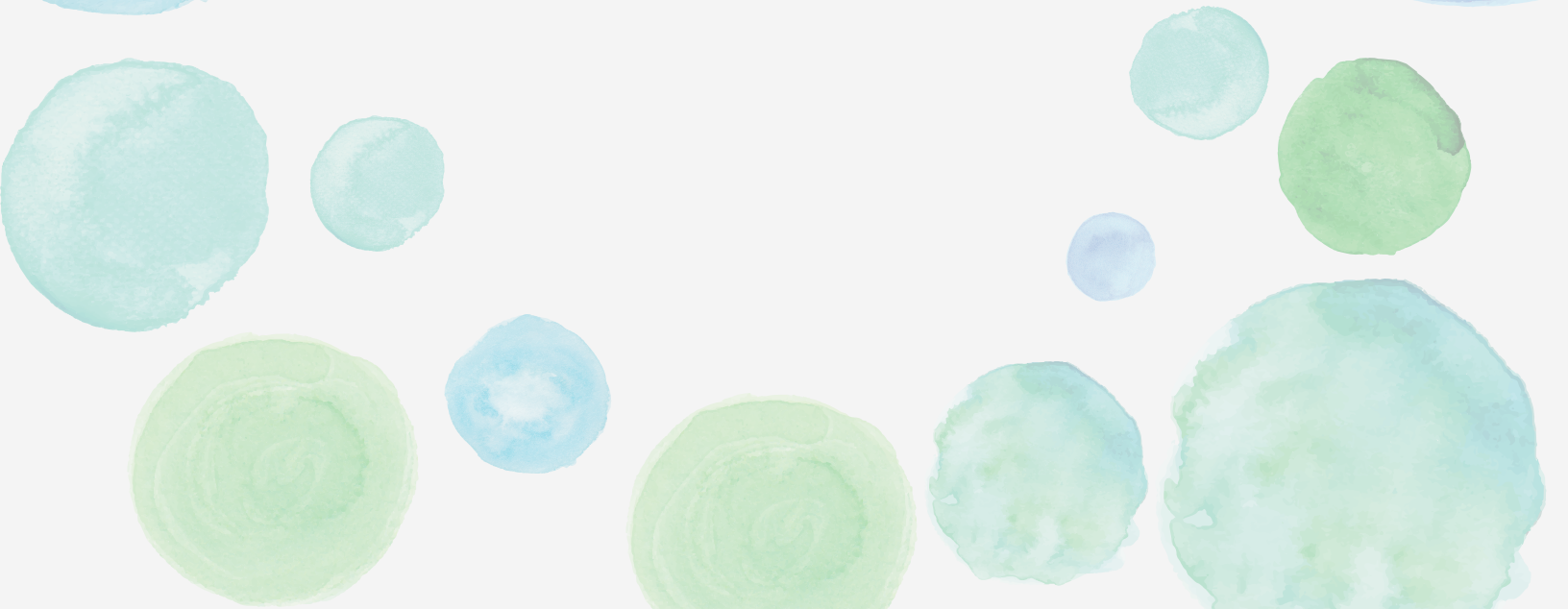
**EMOTIONS ARE SIMPLY ENERGY
PASSING THROUGH MY BODY.**



**THEY ARE MESSENGERS HERE TO
GUIDE ME ON MY PATH.**



**I ACCEPT EVERY SINGLE
EMOTION THAT STOPS BY.**



**I FEEL IT, I EXPLORE IT, AND
WHEN I AM READY, I LET IT GO.**

Learn more!

This "welcoming my emotions" practice is a small excerpt of the materials included in our Simply Mindful Series.

If you want to go deeper to understand any of these points, the inner process, and how exactly to share this with your kids - you will want to check out our masterclass, Mindful Emotions. There is also a wonderful practice sheet for kids included, that takes all of these concepts and explains them through a story - the perfect embodiment tool.

Each week we release a new topic to cover Mindful Breathing, Mindful Emotions, Mindful at Bedtime, and My Mindful Inner Compass.

You can sign up for an individual masterclass or the whole series for a limited time bundle price!

Follow along with us on Instagram @theinfinitekids as we share highlights from the series, our expert interviews and practices along the way!. We'd also love to see you or your kids practicing or doing the activities, so be sure to tag us!

Thank you for being here and doing the incredible work of raising connected, heart-centered kiddos!