



"Feeling Flow: A Kid's Guide to Emotions as Energy in Motion"

Hello, Heroes!

Did you know that your emotions are like secret superpowers? They help us understand ourselves and the world around us. But, just like superheroes have to learn how to control their powers, we need to learn about our emotions to make the most of them.

1. What Are E-motions?

Emotions are our feelings, like happiness, sadness, excitement, or anger. And if you break the word down, it becomes **e-motion**, which means **energy in motion**. Just like water in a river or clouds in the sky, our feelings are always moving and changing.

2. Feelings Need to Flow

Imagine holding a bouncy ball under water. It takes effort, right? And as soon as you let go, it pops up to the surface. Feelings are like that too. If we keep them hidden, they want to come out and play even more! Sometimes, they might pop out when we least expect them. So, it's essential to let our feelings flow.

3. How to Help Your Feelings Flow

- **Talk About It:** Sharing your feelings with someone you trust can make you feel better. It's like opening a window on a stuffy day.
- **Move Your Body:** Dance, jump, run, or do some martial arts! Moving helps shake out any stuck feelings.
- **Draw or Write:** Expressing yourself through art or writing is like letting your emotions dance on paper.
- **Breathe:** Take deep breaths. Imagine each breath in is like a fresh breeze and each breath out carries away any heavy feelings (This is our 3B's!).

4. Remember...

- **All Feelings are Okay:** Whether you're feeling super happy or a bit down, every emotion has a place. They make us who we are.
- **Feelings Change:** Just like the weather, emotions can change. It might be stormy now, but the sun will shine again.
- **Ask for Help:** If you ever feel too stuck or overwhelmed, it's okay to ask someone for help. Everyone needs a little support sometimes!

5. Shifting & Resilience

You might wonder, what's "shifting"? It means changing or moving. So when we talk about shifting emotions, it means helping those feelings move and change. And guess what? Every time you help your emotions flow, you're building **resilience**. That's a fancy word for getting stronger and bouncing back from tough times.

Final Thoughts

Remember, Heroes, your emotions are a big part of your superpowers. Letting them flow makes you even stronger and helps you shine brighter! So next time you feel something bubbling up inside, take a deep breath, and let your e-motions be the energy in motion that they are! But make sure you know that our emotions are always talking to us and sending us messages. Trying to find out what your emotions are trying to say can make you curious and help you create that shift once you know why your emotion was there (parents can help with this!).

Happy Feeling Heroes!