

MY SAFETY BAROMETER: GAUGING MY FEELINGS

WHAT:

During these uncertain times children are experiencing a wide range of emotions and feelings. They may feel afraid, worried, and have feelings of uncertainty themselves. They can also sense how the adults around them are feeling and feel the stress or tension of that as well. It is important to check in with your child frequently to gauge how they are feeling and to also help them de-escalate negative feelings and nurture feelings that inspire hope, comfort, and reassurance.

Using the Safety Barometer, ask your child to move the arrow to the part that shows how they are feeling.

- Red indicates intense feelings of fear, worry, sadness, anger
- Yellow Feelings are less intense feelings, but they may be experiencing doubt,

disappointment, apprehension, or feel just not quite okay.

- Green indicates that they are feeling confident, secure, and safe

If your child indicates that they are having a “Red Day” or a “Yellow Day”, help to redirect those feelings. They may need just need a hug or that additional reassurance that everything will be okay and that your family is doing what they need to stay safe. A quiet story time or engaging your child in an activity that involves movement-jumping rope, running in place, or a few deep breaths can also calm these feelings.

A “Green Day” can be celebrated with maybe a special outdoor activity such as playing with the sprinkler or finger painting with shaving cream on the window or an outside table, or an indoor cooking activity!

MATERIALS:

- Paper plate
- Red, green, yellow crayons, markers, etc.
- Black construction paper or any sturdy paper
- Brad
- Scissors

HOW TO:

- Divide your paper plate into three equal parts and color each part: one part red, one part yellow, and one part green
- Cut an arrow from the black construction paper or other sturdy paper
- Using the tip of the scissor, punch a hole in the middle of the paper plate and in the end of the arrow.
- Attach the arrow to the center of the plate using the brad

