

# Book for Emotion Regulation

By: Emmy Shih

You can support your child's emotion regulation, or control of emotions by promoting their autonomy, or control over their own decisions and action.

Autonomy relating to problem-solving can be built by using prompts, questions, or hints instead of giving them the answer, directing their action, or performing the task for the child.

You can start practicing building these prompts, questions, or hints while you are reading to your child. as well as during your everyday routine.

## MINDFUL BEA & THE WORRY TREE BY GAIL SILVER; ILLUSTRATED BY FRANZISKA HÖLLBACHER



The books mentioned in this guide are available at no cost through the

**San Jose Public Library**

This book joins Bea on her journey toward calming her anxiety while anxiously waiting for her friends to show up at her birthday party. Children can learn with Bea as she works through her emotions through different strategies, including breathing exercises, to work her emotions.

As you read this book, consider asking your child these questions...

- Have you ever felt really worried about what will happen?
- What are some of your worries?
- What do you think you can do when you are worried?



# Activities to Pair with Our Book Suggestion

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## 1. ASK QUESTIONS & ELABORATE:

Ask your child to identify one a “what if” situation.

Label the feelings with your child.

Are they scared or worried about this situation?

What do they think they can do?

Create plans on what they can do to address their worries.

## 2. Mindful Breathing:

Practice the breathing exercise with your child and add it to your daily routine

## 3. Safe Space:

Create a space at home for your child to go to calm their emotions



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