

FAMILY DISCUSSION GUIDE

EMOTIONAL REGULATION

Talking About Big Feelings & Riding the Wave Together

Big feelings are **normal**.
Regulation is a **skill**.
Practice builds it together.

FAMILY PRACTICE IDEA

Practice one calming tool together tonight—like belly breathing, a calm spot, or a hug. Rehearsing in calm helps it show up in chaos.

REMEMBER
We can't stop the waves, but we can learn to ride them together.

DISCUSSION STARTERS

- 1 WHAT DID WE FEEL TODAY?**
Share one feeling from your day and what sparked it.
- 2 HOW BIG WAS IT?**
On a scale of 1-5, how big was your feeling? What helped it get smaller?
- 3 WHAT HELPED?**
What tool or strategy did you use to ride the wave?
- 4 WHAT WOULD HELP NEXT TIME?**
What could you try the next time a big feeling shows up?
- 5 HOW CAN WE SUPPORT EACH OTHER?**
How can our family help each other when feelings feel too big?

TOOLS WE CAN USE

- BREATHE**
Slow and steady
- MOVE**
Get energy out
- CONNECT**
Reach out
- CALM SPACE**
Take a break
- THINK KIND**
Positive self-talk

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Understanding minds.

Strengthening connections.

