

Stem Statements for emotional regulation

When emotional we are reacting with our 'old' 'primitive' brain and are unable to think logically.

Using stem statements (3-5) and staying with the child in their emotion helps them to feel acknowledged and helps them to process that emotion and make sense of it. It can help to calm the emotional brain so they are able to then move back to using their logical brain.

You look pretty...

To me you seem...

I'm guessing you are feeling...

If someone did that to me i'd feel...

It's not nice to feel...

When i feel that way i wish i

could...

It's tricky when...