

EMOTIONS CLUBHOUSE: CHEAT SHEET

A SIMPLE REFERENCE FOR SUPPORTING KIDS' EMOTIONAL NEEDS

LEGEND:
 **THE MESSAGE**
 **THE NEED**
 **CLUBHOUSE TOOLS**



REMINDER

Emotions are visitors. When we welcome them, listen to their message, and meet their needs, kids learn that:

- All feelings belong
- Needs matter
- Big feelings can be handled

This is how we build regulation, resilience, and long-term emotional health—one clubhouse at a time.

ANGER



"Something isn't working."
"That felt unfair."
"This is too much for me right now."



Boundaries – a clear stop sign or space
Power restored – choice, voice, a say
To be heard – someone to really listen



- Stop sign (visual or physical)
- Quiet space for alone time
- Stomping mat or movement outlet
- Phone to "call for help"

WORRY/ANXIETY



"I don't feel safe."
"This is too fast or too much."
"I don't know what's going to happen."



Finish the stress cycle – move the feeling through the body
Reduced demands – slow things way down
Safety & reassurance – calm, grounding words



- Yellow light (slow down reminder)
- Helpful-thought or affirmation signs
- Bravery stone or comfort object
- Journal, drawing pencils
- "let it go" mail box
- Breathing ball

SAD



"I lost something."
"I'm grieving what was or what could have been."
"Please don't fix me—just be with me."



Comfort – closeness and safety
Time to mourn – space to feel it fully
Emotional honesty – permission to be real



- Cozy corner (beanbag, rocking chair)
- Stuffedies or weighted blanket
- Music player, headphones, earbuds
- Eye mask, tissues
- Protective bubble imagery

FEAR



"I don't feel safe."
"This is new or unfamiliar."
"This feels too big right now."



Safety & reassurance – not alone
Support & guidance – show me how
A slower pace – step by step



- Comfort objects
- Visual schedules or step-by-step plans
- Calm presence and predictable routines

HAPPY/JOY



"This feels really good!"
"I feel connected and free."
"I want more of this."



Engagement in preferred activities
Connection with people and moments
A relaxed body that can soak it in



- Creative materials or play-based activities
- Shared experiences (games, laughter, movement)