

EMOTIONS CLUBHOUSE: REFLECTIONS

A DEVELOPMENTALLY ORGANIZED REFLECTION GUIDE FOR CAREGIVERS/EDUCATORS TO EXPLORE WITH KIDS



REMINDER

Gentle reminders to share:

- Sharing is always optional – visitors can sit quietly
- All emotions are welcome – no emotion is “bad” or “too much”
- No fixing – we notice, listen, and care for our visitors

Emotions are visitors, not bosses. Our job is to help them feel seen and supported.

JK-GRADE 1: ENTERING THE CLUBHOUSE

CONCRETE, VISUAL, BODY-BASED

Focus: Noticing who showed up and how they feel in the body

- Which feeling visitor is here with you right now?
- Did a feeling come into the clubhouse with you this morning?
- Is your feeling big, medium, or small?
- Where does this feeling live in your body (tummy, chest, head)?
- Does this feeling want to move or rest?
- Does your feeling want help or space?
- What would help this feeling feel a little better right now?
- Can you show your feeling with your face or body?
- Is there a feeling that wants a hug, a breath, or a break?

*Pro Tip: Use pictures, emotion characters, movement, or props instead of words.

GRADE 2-3: MEETING THE VISITOR

LANGUAGE BUILDING, CAUSE AND EFFECT, IDENTIFYING NEEDS

Focus: What the feeling is saying, and what it needs

- What emotion visited your clubhouse today?
- Where did you notice it first in your body?
- What do you think this feeling was trying to tell you?
- What does this feeling need right now?
- Did anything help calm or change the feeling?
- Who could help if this feeling comes back?
- What tool could help this feeling while you're at school?

* Pro Tip: Add new tools to your Clubhouse as you discover them—and share ideas, tips and tricks with classmates. What worked for someone might work for another, or not.

EMOTIONS CLUBHOUSE: REFLECTIONS

A DEVELOPMENTALLY ORGANIZED REFLECTION GUIDE FOR CAREGIVERS/EDUCATORS TO EXPLORE WITH KIDS



GRADE 4-5: LISTENING TO THE MESSAGE

INSIGHT, REGULATION, MIXED EMOTIONS

Focus: Understanding messages, needs, and choices

- Which emotion is spending the most time in your clubhouse today?
- What happened right before it showed up?
- What message do you think this emotion has for you?
- How did your body signal that feeling?
- Did more than one emotion show up at the same time?
- What does this emotion need from you or from others?
- What could you try next time this feeling visits?
- Is there an emotion that still needs care before the day ends?

GRADE 6: CARING FOR THE CLUBHOUSE

AUTONOMY, NORMALIZATION, EMOTIONAL AWARENESS

Focus: Patterns, intensity, self-support, and choice

- Which emotion took up the most space in your clubhouse today?
- What situations tend to invite that feeling in?
- How strong was it (1-10)?
- How did you respond when it showed up?
- What does this emotion usually need from you?
- What coping strategy do you already know works for you?
- What kind of support would feel helpful right now (space, talking, tools)?
- What's one small way you can care for yourself today?

