



... for parents

## 3.1 The Big Crossing

Recognizing your emotions and their impacts on your behaviour

Your child took part in an OFF-ROAD workshop designed to help them **recognize** their pleasant and unpleasant **emotions** and understand how emotions influence their behaviour.

### DID YOU KNOW?

How we feel about a situation (our emotions) will have a major influence on how we react to it. Understanding emotions is essential to your child's healthy integration (fitting in) to their various social settings (home, school, etc.) (Coutu et al., 2012).

### NOW IT'S UP TO YOU!

When your child experiences a highly emotional situation, help them put into words how they're feeling. Also help them to make connections between the way they feel (their emotions) and their reactions to the situation.

To hear this content:



Find out more about the OFF-TRAIL program:



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