



... for parents

## 4.1 My inner rollercoaster

Discovering your sensations, emotions and thoughts

Your child has taken part in an OFF-TRAIL workshop aimed at identifying the **emotions, sensations and thoughts** they may experience during a stressful situation.

### DID YOU KNOW?

By being aware of the sensations, emotions and thoughts that arise in stressful situations, your child can develop a kind of alarm system. The more children are able to recognize these different signals, the more they will be able to quickly become aware of them when faced with a stressful situation, and find strategies to deal with them.

### NOW IT'S UP TO YOU!

If you see signs of stress in your child, you can help them identify the physical sensations and emotions they are experiencing by asking the following questions:

- What's happening in your body?
- How do you feel?

You can also help them identify the thoughts they adopt by asking them the following question:

- What did you say to yourself in your head?

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