



... for parents

K4.1 THE BIG ADVENTURE

Recognizing your emotions and learning to calm down

Your child has taken part in an OFF-TRAIL workshop on emotions. They learned to recognize some of their own emotions and those of others and learned a way to calm themselves.

DID YOU KNOW?

Helping your child develop emotional skills can help them make friends, succeed at school, better resolve their conflicts, and develop their empathy.

NOW IT'S UP TO YOU!

Mimic a few emotions with your face and ask your child to try to recognize them. Switch roles after a few tries.

Ask your child to demonstrate belly breathing, a breathing technique they learned in class.

To hear this content:



Find out more about the OFF-TRAIL program:



Financial contribution from



Public Health Agency of Canada / Agence de la santé publique du Canada

Centre intégré de santé et de services sociaux de la Montérégie-Centre Québec

UDS Université de Sherbrooke



Centre RBC d'expertise universitaire en santé mentale

August 2024



Text is under a [CC BY-NC 4.0](https://creativecommons.org/licenses/by-nc/4.0/) licence. Graphics designed under [PowerPoint content licence](#).

© [OFF-TRAIL program](#) by Centre RBC d'expertise universitaire en santé mentale (2025), Université de Sherbrooke.