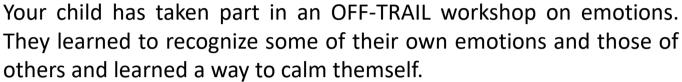


... for parents

K4.1 THE BIG ADVENTURE

Recognizing your emotions and learning to calm down





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:







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