

Encouraging emotional health with healthy phrases.

Instead of saying

try saying

Big kids don't cry.



I can see you're upset, and that's OK.

There's nothing to be scared of!



You're feeling scared. I'm here with you.

**Don't be sad.
Be happy.**



I'm sorry you're feeling sad. Do you want to talk about it?

It's not nice to get mad.



It's OK to feel angry, but it's not OK to hurt others with words or actions.

Don't worry about it.



It looks like you're worried. Do you want to take deep breaths with me to calm down?