

# Parent Guide:

# Emotion Home Map

*A playful way to help kids name, locate, and regulate emotions with your support*



## What Is the Emotion Home Map?

The Emotion Home Map gives each feeling a “home” in the body – like anger in the big toe or joy in the ear.

By doing this kids learn how to manage emotions when they are overwhelmed in a safe, lighthearted way – while also building essential brain pathways for emotional growth.



## During the Storm: The Emotion Home Method

Scoop your child into your lap and give a gentle squeeze – the deep pressure gives sensory input their body needs to help regulate. *“It looks like some big feelings got tangled in your chest: Want some help?”*



Gently press where they feel it, and slowly trace a path back to that emotions home. *It may tickle* – and that will help mood.

Repeat until all emotions are back home.



## After the Storm

Once all the feelings are back home, sit together and talk calmly about what happened and what to try next time.



## A Note of Faith

*“God made every feeling on purpose – there are no bad emotions – but we don’t let them be the boss of our heart.”*

*Wonder & Light*

# Where Do Your Feelings Live?

