

Emotion Slips

1. Emotion Slips

These slips are tangible tools that help the child to externalize and contain their feelings. By naming them and putting them in the box, the child performs an action that interrupts the tantrum cycle.

Emotion Slip	Color	Core BNE Focus	Action Statement (What the Parent Validates)
Anger/Rage	Red ●	Frustration/Blocked Control	"This slip holds the feeling that wanted to yell and stomp."
Sadness/Grief	Blue ●	Loss/Disappointment	"This slip holds the feeling that wanted to cry and hide."
Fear/Worry	Purple ●	Insecurity/Uncertainty	"This slip holds the feeling that made your tummy feel tight."
Disgust/Aversion	Green ●	Rejection/Avoidance	"This slip holds the feeling that made you push something away."
Surprise	Orange ●	Unexpected Reaction	"This slip holds the feeling that made you say 'Oh!' and not know what to do."
Joy/Happiness	Yellow ●	Connection/Safety	"This slip holds the happy feeling we want to share."

Key Instructions for Parents

- **Identify and Deliver:** During the meltdown, help the child name the feeling (e.g., "It's the Red one!"). Together, place the slip into the box.
- **Containment:** The act of closing the lid is the physical limit. "The feeling stays here until the Wise Captain can talk about it."
- **Post-Calm Reflection:** Once calm, you can open the box to discuss the cause of the feeling (BNE insight).

The Calm Passport

The Calm Passport is the positive reinforcement tool that validates the child's self-regulation effort. It rewards the process of using the tool, not the result of not getting angry.

Design and Content

- **Format:** Simple sheet or foldable card with designated sticker spots.
- **Goal:** Earn a sticker for successfully using the Emotion Box (calming down and putting the slip in).

Date	Contained Feeling (Color)	What I Did (My Action)	Sticker Earned!
_____	_____	_____	[Sticker]
_____	_____	_____	[Sticker]
_____	_____	_____	[Sticker]

Reinforcement Instructions for Parents

- **Immediate Reward:** Place the sticker immediately after the child calms down and successfully uses the box.
- **Effort Praise:** Use action-based praise: "You chose to use the Orange instead of yelling! That shows great effort!"
- **Final Goal:** Once the passport is complete (e.g., 10 stickers), the child earns a pre-determined, non-material reward (e.g., choosing the weekend outing, a special movie night).

This kit transforms a moment of conflict into a successful, tangible regulation mission.