

THE NEED TO FEEL

2. Free me

Children need to feel the full spectrum of their human experience. The child's body-mind-spirit will more likely be aligned when their feelings are acknowledged as a guide. The child is, in essence, proclaiming Free Me.

Common Behaviours

Bedwetting / Bladder issues / Motion sickness / Emotional outbursts /
Reactive/ Addictive tendencies

THE CHILD MAY FEEL

- Impulsive
- Lack of emotional control
- Fussy
- Uncertain
- Obsessive
- Rigid
- Over excited

SUPPORT THE CHILD

- It is normal for children experience a wide range of emotions.
- Help them to accept all of their feelings.
- Model healthy approaches to emotions
- Be mindful of the emotional energy of the home and other environments

AFFIRM

I accept my feelings
I move easily and effortlessly