

SOARing Higher!

Laurie Heyl, LCSW

Welcome to SOARing Higher!

Dear Mom, Dad, Teacher, or Child Care Provider,

Thank you for reading ***SOARing Higher!*** to the child, or children, in your care. This interactive coloring booklet is designed to introduce three simple and effective strategies for self-regulation to you and your child.

These tools—**S**elf-**O**bservation, Self-**A**wareness, and Self-**R**egulation—are presented as a series of simple, playful activities for you to share with children.

As you read through the booklet together, use sound effects and playful interaction to enhance your learning experience.

Plan to read this booklet to your child more than once, choosing from among the suggested questions and activities to match your child's level of interest and engagement.

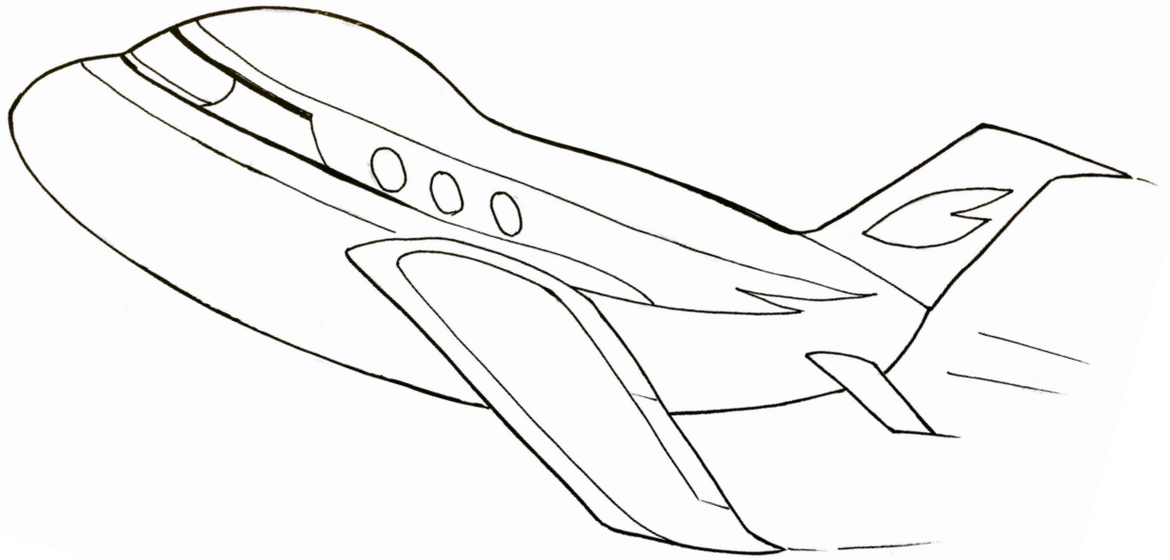
Once you're familiar with the tools presented in ***SOARing Higher!***, invite your child to use them in other settings: at bedtime, in the classroom, in the kitchen, or while riding in the car.

Parents and other care providers can help children notice and change what's happening inside of them and equip them with skills for a lifetime.

Children learn best through play. Have fun as you learn to ***SOAR!*** with your child!

And now, sit back, relax, and enjoy your flight.

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Laurie Heyl, LCSW, is an Accredited, Certified, Advanced EFT Practitioner who enjoys sharing simple strategies for self-regulation with children and adults.

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To download additional coloring pages, visit CompassionateFamilies.com/resources.

Part 1: SOAR!

Now that you know how to ***SOAR!*** it's time to discover your super powers.

In this chapter, I'll show you how to ***SOAR!*** even higher!

In ***SOAR!*** you learned three important skills that can help you feel calm and make choices. Do you remember them?

The first skill is **S**elf-**O**bservation. **S**elf-**O**bservation is noticing what you're thinking, feeling and doing. It's like looking at yourself from the outside.

The second skill is **A**wareness. Self-**A**wareness is noticing how you feel on the inside.

The third skill is **R**egulation. Do you know that you can **R**egulate your emotions? If you like the way you feel, you can make your feelings even bigger! If you don't like the way you feel, you can make your feelings smaller. Sometimes you can even make your feelings disappear!

The ability to **R**egulate your emotions is one of your super powers. Everyone has this ability but not everybody knows about it.



Part 2: SOARing!

Here's another one of your super powers—it's your ability to *imagine* and *pretend!*

Do you know you can use your *imagination* to practice **S**elf-**O**bservation and **A**wareness before something actually happens? You can try it right now if you want to! I'll show you how.

Imagine something that might happen later today, tomorrow, or next week. You can imagine something that might happen at school, or something a friend might say. You can imagine something a member of your family might do, or something you might do.

Did you think of something?

If you want to, you can tell someone you trust what you're imagining right now.

What you would be thinking and doing if what you're imagining were happening right now? If you want to, you can tell someone you trust about that, too.

Now pretend that what you're imagining ***is*** happening right now!

How do you feel inside when you pretend that what you're imagining is happening right now? Where do you notice your feeling in your body?

When you notice *how* you feel inside and *where* you feel your emotions in your body, you're getting ready to ***SOAR!*** Noticing *where* you feel your emotions helps your brain and your body work together so you can ***SOAR!*** even higher!



Part 3: SOARing Higher!

Now I'll tell you about another one of your super powers. Anyone can do it, but not everybody knows about it.

The super power I'm going to tell you about now is called *Tapping.* (Isn't Tapping a silly name for a super power?)

If you are ever feeling sad, worried, angry, or scared, your Tapping super power will always be right at your fingertips.

Here's how to use your Tapping super power:

Become **A**ware of how you feel inside when you imagine something that might happen later today or tomorrow or next week.

How big is your emotion?

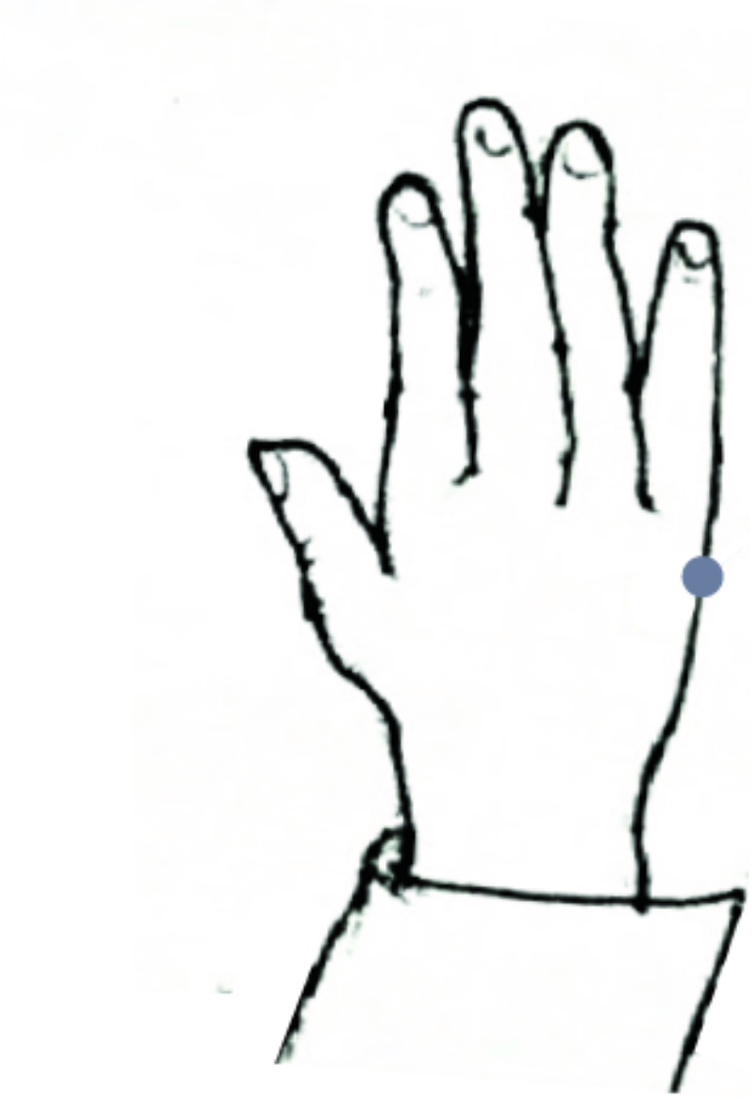
If your emotion had a color, what color would it be?

Does your emotion feel like it is heavy or light? Does it feel like it weighs a lot or a little bit?

First, tap on the side of your hand with your fingertips.

While tapping on the side of your hand, you can say something like this: "Even though I feel (say the name of your emotion) _____ in my (say where you feel your emotion in your body) _____, I like myself ***or*** it's OK to feel that way ***or*** that's just the way I feel right now."

Now say it two more times. Remember to keep tapping on the side of your hand while you say it!



Now it's time to tap the top of your head!

When you tap the top of your head, just say the name of your feeling and where you the feel it in your body. For example, you might say, "This nervous feeling in my stomach…"

Here are some more places you can tap. If you want to, you can say the emotion you're feeling as you tap on each of these places too. Tap each of these places five, six, or seven times. It's up to you to decide how many times you want to tap on each place.

Gently tap on the inside of your eyebrow, next to the top of your nose.

Gently tap on the outside of your eye, on the side of your eye socket.

Gently tap under the center of your eye, on your cheekbone.

Tap under your nose, where your mustache would be if you had one.

Tap the place below your lower lip and above your chin.

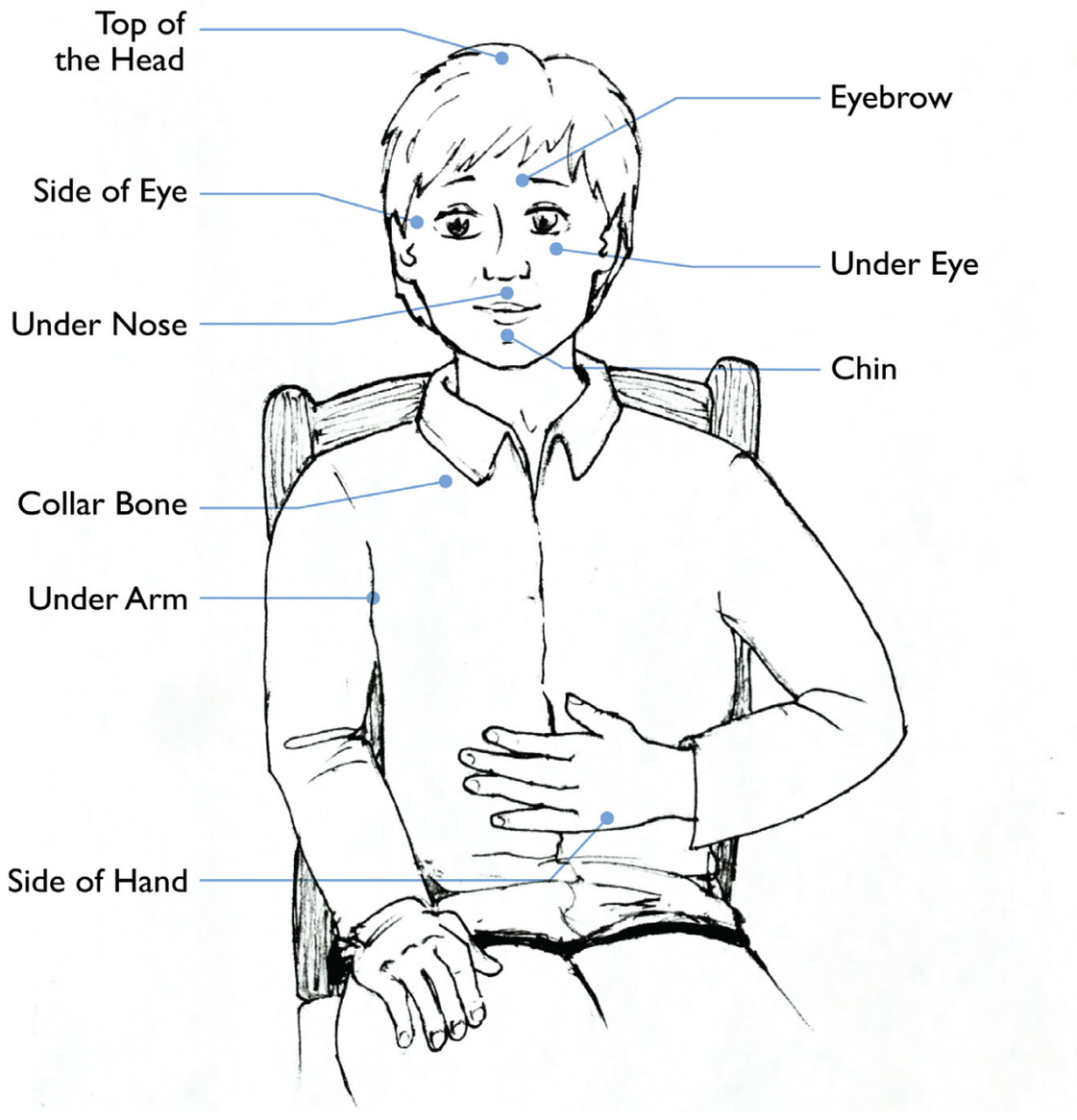
Now tap your collar bones. They're located below the collar of your shirt. You have two of them, one on each side. Tap on the soft place located just underneath your collar bones.

Finally, tap under your arms, just below your armpits. You can tap under both of your arms at the same time if you want to!

Did you try it? Notice how you feel inside now. Are you **A**ware of the way you feel inside when you imagine the same situation now? Do you feel different, or do you feel the same?

Is your feeling bigger? Is it smaller? Has it moved somewhere else in your body?

Keep tapping until you feel better about whatever it is you're imagining.



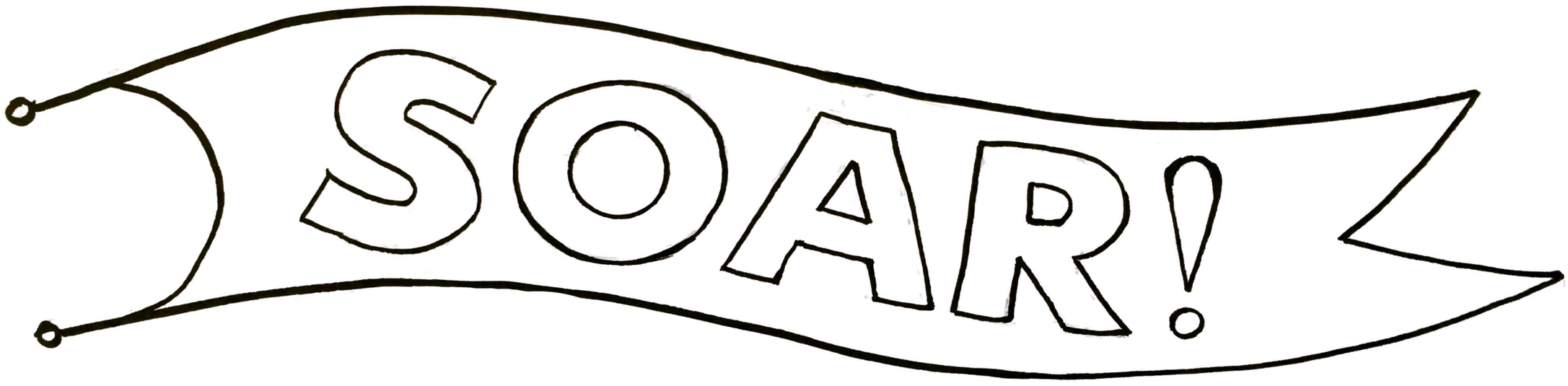
Part 4: You're Ready to SOAR!

Everyone has big feelings.

When you're facing big feelings inside of you, it helps to have super powers!

When you tap about your big feelings, you might be surprised by what's possible! The sky is the limit when you know how to ***SOAR!***

Now that you know you have super powers, you're ready to ***SOAR!*** even higher!



Now that you know how to ***SOAR!***, you'll be ready to ***SOAR!*** even higher!

The sky's the limit when you know how to ***SOAR!***

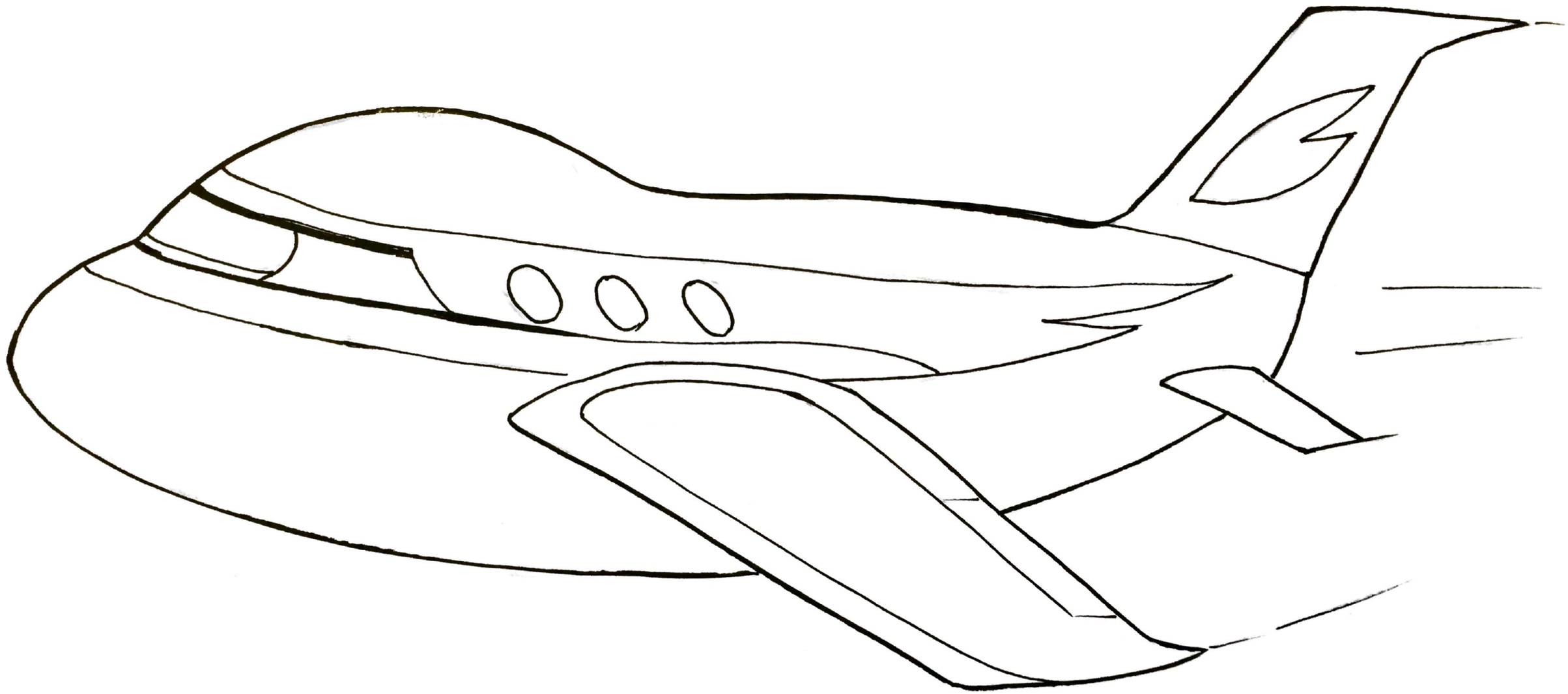
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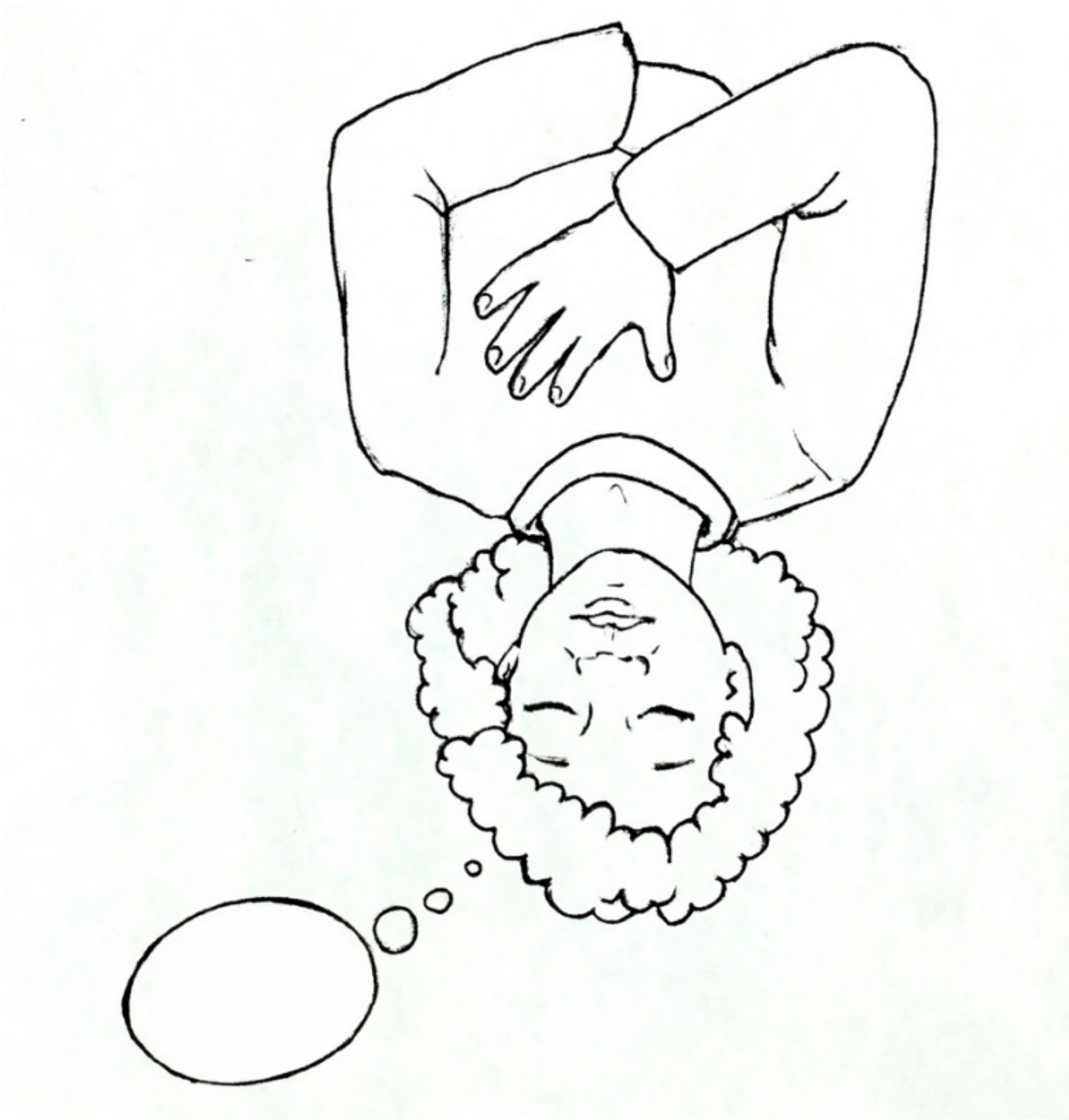
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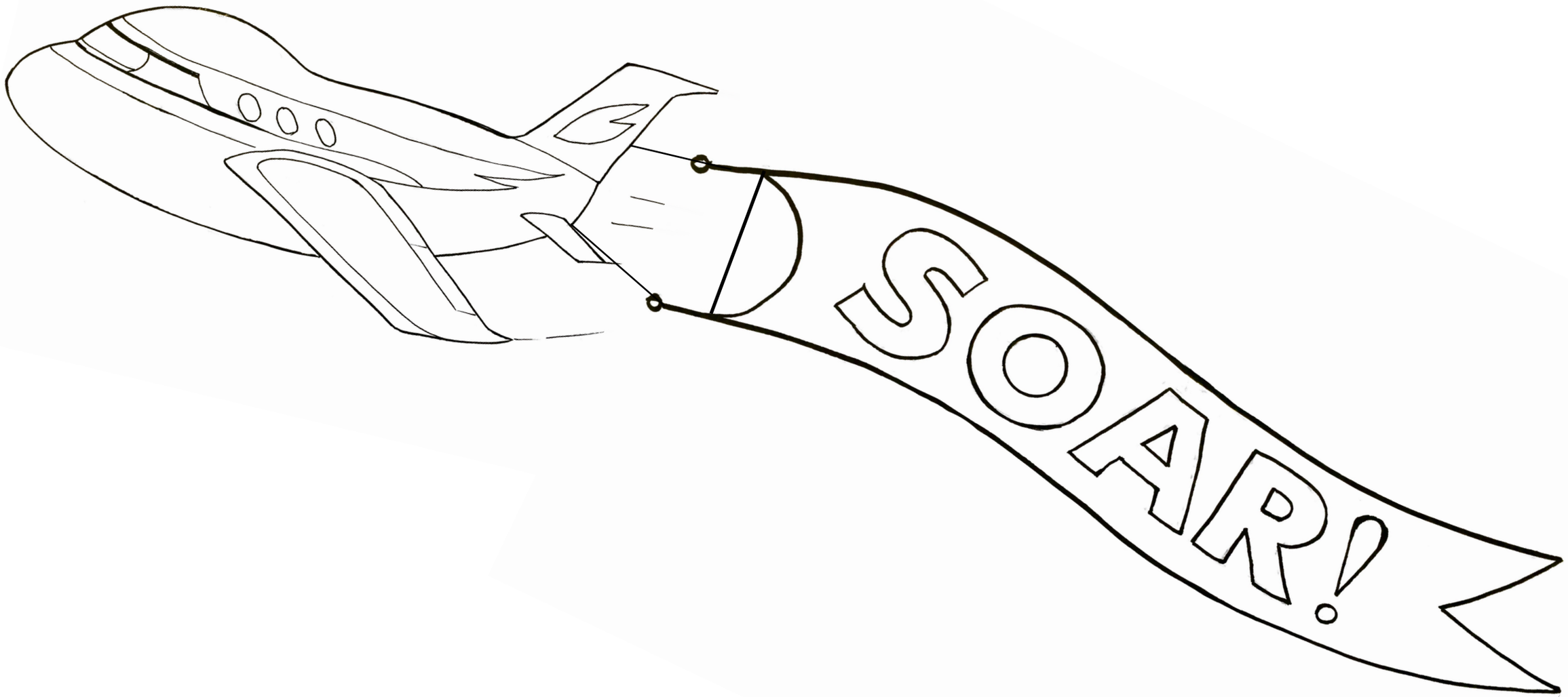
SOAR!











Now that you know how to ***SOAR!***, you'll be ready
to ***SOAR!*** even higher!