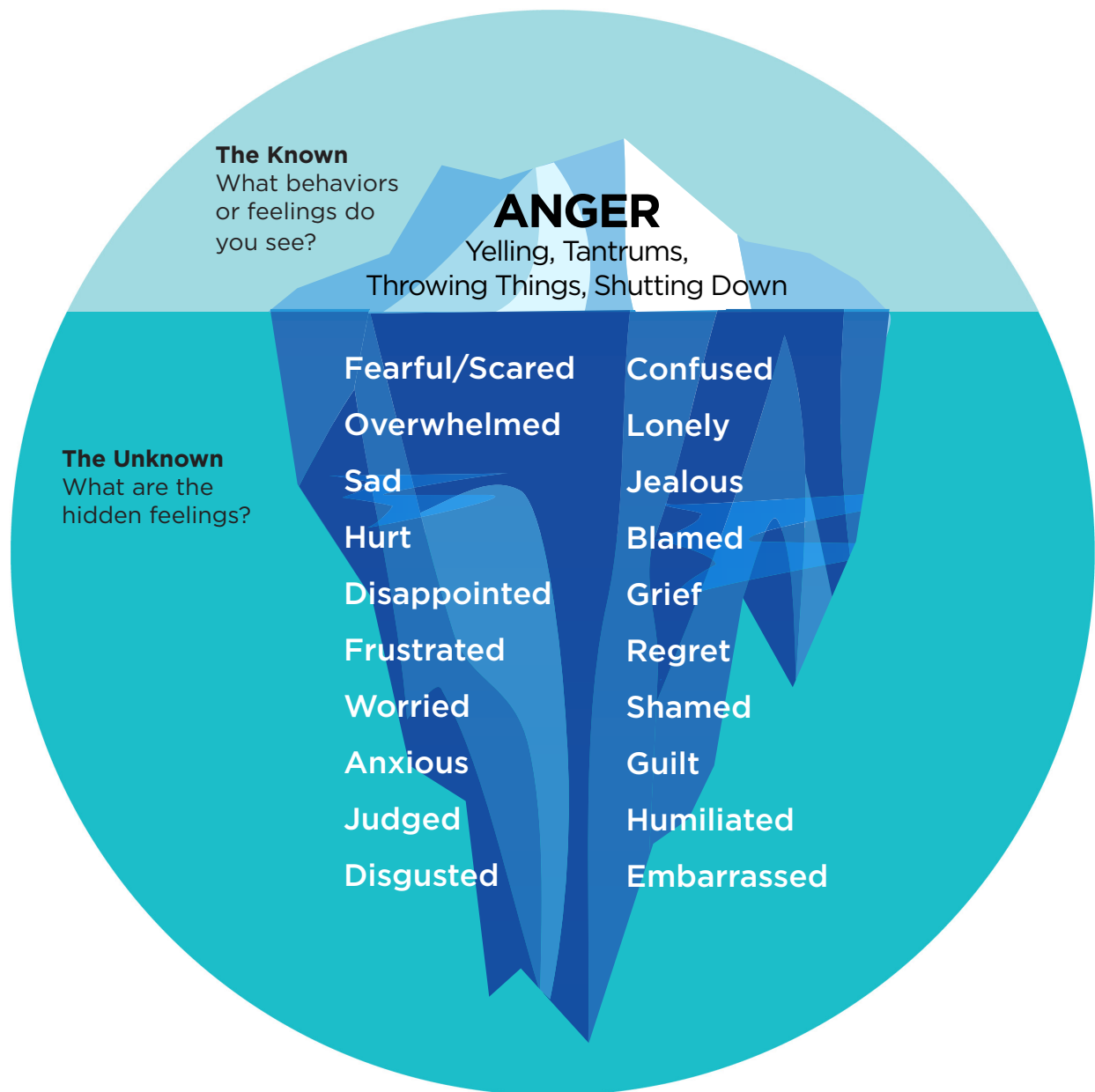


# Iceberg of Emotions



What you see in behavior is just the tip of an iceberg. Underneath are big emotions that can be tricky to understand and share. Discover what may be causing behavior by getting curious about what is happening inside or “under the water”. Here’s an example:



# Try This:

## Create your own Iceberg of Emotions

What behaviors and feelings are seen above the water? Get curious and talk about what is under the water. Write or draw these on the iceberg.



## Family Follow-up:

Share this with your child in a calm moment to spark a conversation and inspire understanding. Practice a mindful moment or take deep breaths as a way to calm behavior and explore what is under the water.