

13 Calming Phrases for Upset Kids

1. I'm here for you. You're safe.
2. It's okay to feel upset. Let's take some deep breaths together.
3. I can see this is really hard for you.
4. You don't have to talk yet. I'll just sit here with you.
5. Your feelings make sense. I'm listening.
6. Let's name what you're feeling. That can help it feel smaller.
7. I believe in you. You're doing your best.
8. It's okay to cry. I'm not going anywhere.
9. We'll figure this out together.
10. I love you, even when you're upset.
11. Let's take a break and come back when you're ready.
12. I hear you. That sounds frustrating.
13. You are allowed to feel your feelings. I'm here to help you handle them.