



Free the Mind Co Emotional Intelligence and Wellbeing Tools

Your Presence is Such a Gift!

The “Affirm & Reflect” Tool - Helps children build self-worth, resilience and emotional confidence. Reflect back what you see:

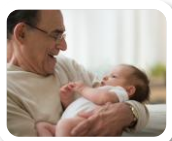
- “You handled that really well.”
- “I noticed how kind you were.”
- “You didn’t give up—that’s strong.”

Practical Ways Grandparents Can Build EQ



The “Listen, Don’t Fix” Tool - Instead of jumping in with advice, stay curious. Children don’t always need solutions, they need to feel heard. Try saying:

- “Tell me more about that.”
- “What happened next?”
- “How did that make you feel?”



Use storytelling - Illustrate that struggles are part of life:

- For little ones, tell stories with relatable characters and circumstances
- For teens, share moments when you faced challenges, made mistakes, learned resilience



Help children name emotions: They often they feel the emotions but don’t have the vocabulary to describe them. Try saying:

- “It sounds like you felt disappointed.”
- “That must have been frustrating.”
- “I see how excited you are.”



The “2-Minute Connection” Tool: Meet kids where they are... often on the phone:

- A short call where you really listen
- A voice note
- A rose and a thorn
- A routine text, “Thinking about you.”

The “Special Ritual” Tool: The ritual can change; you are the constant:

- Baking
- Playing a game
- Reading
- Doing a puzzle
- Walking