



BEHAVIA THERAPY

Helping Your Child Notice Feelings & Actions Using Icons Without Judgment

An ACT-Informed Parent Guide

Why Use Icons?

Icons help children see and name what they are feeling or doing. The goal is awareness, not judgment. All feelings are allowed. All actions can be learned from.

1. Gently Notice What's Happening

Invite your child to look at the icons and choose one that fits.

- “Which picture looks like how your body feels right now?”
- “Which picture shows what you did?”

Keep your tone calm, curious, and supportive.

2. Use Neutral, Non-Judgmental Language

Describe what the child is noticing or doing without labels like good or bad.

Examples:

- “You’re feeling angry.”
- “Your body was moving fast.”
- “You took a break.”
- “You cried.”

3. Validate Their Experience

Let your child know it’s okay to feel anything.

- “Feelings come and go.”
- “Lots of people feel this way sometimes.”
- “Thank you for showing me.”

4. Support Choosing a Next Step

After labeling the feeling or action, offer choices.

- “Would you like to pick a picture that shows what you want to do next?”
- “Do you want a calming activity or a play break?”

5. Practice Often, Not Perfectly

Use icons during calm times—not just during big emotions. The more practice your child has naming feelings, the easier it becomes to manage them.

Remember:

Your role isn’t to stop emotions. Your role is to help your child notice, name, and choose—with kindness.

I AM HAPPY



I AM SAD



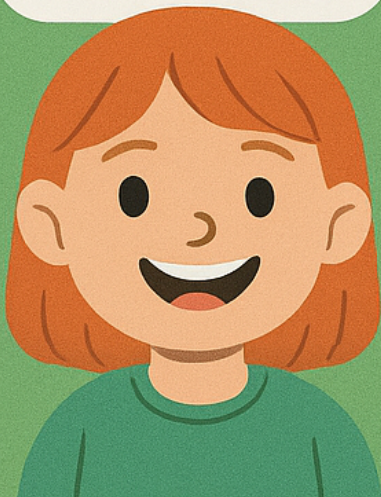
I AM ANGRY



I AM FRUSTRATED



I HELPED



I STAYED SAFE



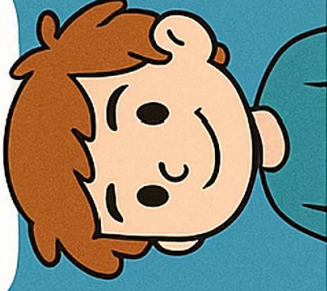
I CRIED



**I FEEL
EXCITED**



**I TRIED
MY BEST**



**I AM
WORRIED**



**I PICKED
UP TOYS**



**I FEEL
SILLY**



I SHARED



I LAUGHED





I helped a friend



I followed directions



I used kind words



I tried my best



I asked for help



I waited my turn



I stayed safe



I kept my hands
to myself



I am sad



I feel worried



I feel excited



I am angry



I feel worried



I feel excited



I am angry

**I SAID
NO**



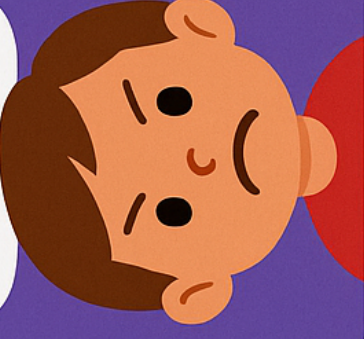
**I AM
ANGRY**



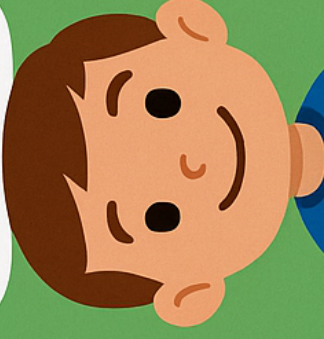
**I FEEL
SICK**



**I AM
FRUSTRATED**



**I AM
A FRIEND**



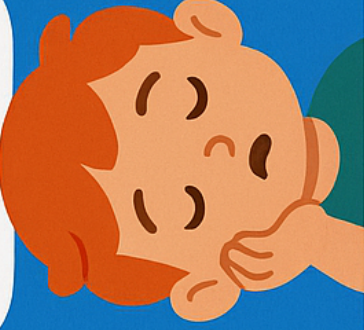
**I DON'T
WANT TO
DO THAT**



**I WAS
KIND**



**I TOOK
A BREAK**



**THANK
YOU
FOR
TELLING
HOW YOU
FEEL**

**THANK
YOU
FOR
TELLING
HOW YOU
FEEL**

**THANK
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TELLING
HOW YOU
FEEL**

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FEEL**

**THANK
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FEEL**

**THANK
YOU
FOR
TELLING
HOW YOU
FEEL**

My Life

Day	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			