THE EMOTIONAL CUP

Some ways that children deal with having an empty cup:

- · Steal from other people's cups
- Misbehave to get your attention and show that they need a refill
- Seem to have bottomless cups, or need constant 'topping off'
- · Can't sit still for refills or actively refuse them
- Bounce off the walls when they approach 'empty'
- · Think they have to fight or compete for every refill

What fills a child's cup:

- Play
- Friendship
- One-on-one time
- Love and affection
- Connection
- Succeeding
- · Doing what they love





What empties a child's cup:

- Stress and strain
- · Rejection by peers
- Loneliness and isolation
- · Yelling and punishment
- Failing
- Fatigue
- · Doing what they hate

