

My Inner Compass



How to Use the Tool

My Inner Compass is a simple little tool that helps highly sensitive children find their calm again when their emotions start to feel too big.
You can print it, laminate it, or stick it inside a notebook.

Highly sensitive children feel everything more intensely:
sounds, emotions, words, changes, even the way people look at them.
Their inner world is rich and powerful... sometimes overwhelming.
When a strong emotion hits, a highly sensitive child may:

- lose their sense of direction
- feel overwhelmed
- suddenly be unable to speak
- cry very quickly
- need immediate calm




Rappelez-leur que leur sensibilité
est une force

Chaque jour, même juste une
phrase : « Tu ressens fort, et c'est
une belle qualité. »

BONUS :

Excerpt from the journal "I Breathe"



Here are three pages from the journal
offered as a bonus. You can print them as
many times as you want, or
 buy the full journal on Amazon
using the QR code.

Tips for Parents

Slow your energy.

They feel everything, even the tension you
don't say out loud.

Validate their emotions

"I understand you." "You're allowed to be
sad." "Today feels like a lot."

Offer a calm corner

A tent, a soft pillow, a warm lamp – a sensory
refuge.

Prepare transitions

Sudden changes are hard.

Gently announce what's coming: "In 5
minutes..."

Amazon link



I Am Me

The Emotions



Disgusted



Calm



Angry



Happy



Sad



Confused



Good



Shy



Loved



Tired



Surprised



Scared

DATE :

I feel...

I'm feeling a big emotion: I feel...



Disgusted



Angry



Happy



Sad



Confused



Good



Shy



Tired



Surprised



Scared

My emotion is:

Small

Medium

Big

What happened

What triggered my emotion

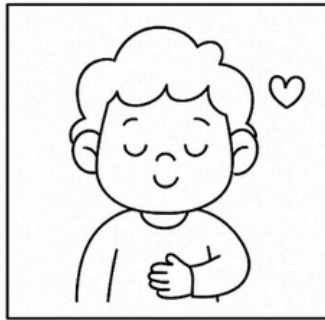
I write down what happened, what bothered me, or what caused this emotion.

I breathe

I take 3 deep breaths like this:



Breathe in slowly
for 4 seconds



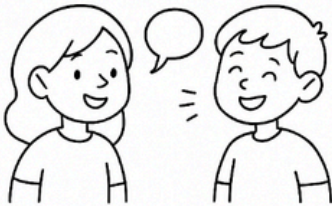
Hold the air for 4
seconds



Breathe out gently
for 6 seconds

My strategy:

I choose one or two strategies.



Talk to someone



Draw a picture



Move my body



Give myself
a hug



Get some fresh air
outside



Listen to soft
music



Read a book I
love



Play a game

Other : _____

Bravo ! Tu as réussi à apaiser ton émotion.
Prends un moment pour te féliciter... Tu viens de prendre soin de toi.