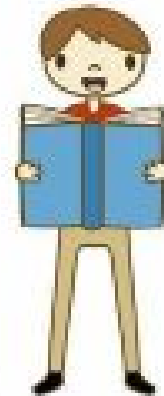
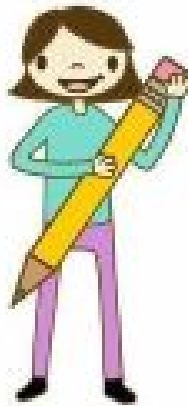


10 WAYS

to Calm Down



1. Breathe in and out slowly 10 times.
2. Squeeze a stress ball.
3. Take a break and get a drink of water.
4. Talk to a grown-up.
5. Hug someone.
6. Draw a picture about it.
7. Write about your feelings.
8. Do some stretches.
9. Think of something happy.
10. Read a magazine or book.



A TO Z OF COPING SKILLS

A ASK for help

B BREATHE deeply and slowly

C COUNT forwards or backwards

D DRINK some cold water

E EXERCISE run, jump, skip, kick a ball or walk fast

F FIND a safe place

G GO to your happy place

H HUG a friend or family member

I IGNORE people who are annoying you

J JOKES to help you laugh

K KIND hands. Keep them to yourself

L LISTEN to calming music

M MEDITATE use yoga or mindfulness

N NAME the emotion you are feeling

O OBSERVE Use mindfulness techniques

P PAINT your feelings

Q QUESTION your thoughts

R RUN as fast as you can

S SEPARATE yourself from the situation

T THOUGHTS negative to positive

U USE your safe place

V VOICE your concerns

W WRITE down your feelings

X EXHALE breathe out your feelings

Y YELL as loud as you can into a pillow

Z ZONE out and relax yourself



1 EXPLAIN WHY FEELINGS ARE USEFUL

- Explain that feelings are part of our bodies. Just like our muscles, brain and heart, our **emotions work to keep us healthy and safe.**
- Tell that strong and powerful emotions, like anger, **trigger a warning system** in our bodies. Our brain thinks we are in a dangerous situation and our body reacts in lots of different ways—a fast heartbeat, a red face, or maybe a headache.



2 CREATE AN ACTION PLAN



- Tell kids that when they notice their rapid breathing, tense muscles, or upset stomach, it's a **cue to make choices** that take back control.
- When kids are **calm** (long car rides or bedtime work well) talk with them about the types of failures that trigger their strongest feelings: a poor grade on a spelling test, losing a soccer game at recess, or not understanding that homework question.

3 VALIDATE FEELINGS

- In their most difficult moments, kids need to know that **all feelings**—including ones about failing—are okay to have.
- **Ask questions** to better understand their frustrations, and communicate that you hear and accept exactly how they feel.
- Then ask, “What should we do to tackle this?”



4 CO-REGULATE



- Each child's capacity for managing feelings is different (and age-dependent). The prefrontal cortex, the area regulating emotions, isn't even fully developed until early adulthood.
- By responding to our child's frustrations with warmth and support, rather than reacting with our own high emotion, we can provide that experience.

CALMING Strategies



I Can Calm Down

Sometimes I feel angry.



Sometimes I feel sad.



It's ok to feel sad or angry.



I can work on my breathing.
Breathe in, and breathe out.



I can count to 10. Or even higher!



I can ask for a movement break.



I can read a book.



I can relax.



I can go for a walk.



I can push against the wall.



When I am calm, I will feel happy. My friends and teacher will be happy too.





HOW BIG IS MY PROBLEM?

SIZE OF MY PROBLEM

EMERGENCY

You need help from a grownup.
A fire, someone is hurt and needs to go to the hospital, a car accident, danger.

GIGANTIC PROBLEM

You can change with a lot of help.
Getting lost, hitting or kicking a friend, throwing or breaking things.

BIG PROBLEM

You can change with some help.
Someone is mean to you, takes something of yours, a small accident, help calming down.

MEDIUM PROBLEM

You can change with a little help.
Feeling sick, tired or hungry, someone is bothering you, feeling afraid, Having to wait.

TINY PROBLEM

You can change with a reminder or fix yourself. Not winning, taking turns, making a mess, cleaning up toys, forgetting a toy.

SIZE OF MY REACTION

Scared
Hurt
Very Upset
Crying a lot

Worried
Confused
Crying
Mad

Nervous
Frustrated
Confused
Sad

A little worried
Annoyed
Uncomfortable
Disappointed

Calm
Confident
Safe

5

4

3


2


1


5 ★ 4 ★ 3 ★ 2 ★ 1

SLOW DOWN & CALM DOWN

FIRST OFF - TAKE 3 SLOW & QUIET DEEP BREATHS!

5 List 5 things you can SEE 

4 List 4 things you can FEEL 

3 List 3 things you can HEAR 

2 List 2 things you can SMELL 

1 List something positive
about yourself 😊

MAKE
today
COUNT

FINISHED? NOW - TAKE 3 MORE SLOW & QUIET DEEP BREATHS ☺

5-4-3-2-1
GROUNDING EXERCISE

