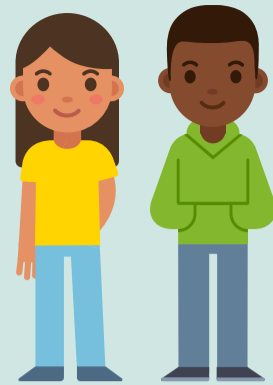




3 ChildWIN Tips to Stay Calm



Have a peace corner/zen den/calm down kit available at home when children are having strong emotions. They may be experiencing a variety of emotions given the current environment (anxiety, worry, fear, confusion). In your space you can include a “tool kit” with:



- relaxing music,
- paper/crayons,
- comfortable pillow,
- favorite stuffed animal
- Feelings wheel or emotion cards to help them identify what feeling they are having

. They may need a daily reminder of these tools but it helps them build self-control and coping skills.

Allow for choices and set expectations.

Before establishing a homework routine, ask your child’s preferences. You may want to ask the following:

- What subject should we do first?
- How much help will you need?
- Which brain break should we use today?
- Give a choice: would you like to do math or reading first?

Allowing your child to be part of decision-making can help them feel more in control of their day.



Before each new lesson/subject practice a few calming deep breathes., stretches or yoga poses to reduce stress and recharge the brain. Sometimes children need a brain break to help them focus.

TRY THIS!

- Picture a square. Use your finger to move along the square and do this:
- Breathe in and count to four...1...2...3...4.. and hold for four counts...1...2...3...4... Breathe out for four...1...2...3...4.... And hold for four counts.....1...2...3...4...
- Do this 3 times and then check in with your feelings!

Here it is: https://integration.samhsa.gov/about-us/Square_Breathing.pdf

