



# Finding Calm

TIPS FOR KIDS (AND GROWN-UPS TOO!)

Kids feel all sorts of things, just like adults. But they are still learning the skills they need to manage those feelings. Here are some easy ways you and your child can learn to stay in control when emotions are strong. These tips are good for everyone, no matter how old you are!

## 1 Talk about their feelings

Ask your child how they feel and give them words to describe it. Saying what's bothering them out loud can make things seem a bit less scary.



## 2 Practice belly breathing

Show your child how to take long, deep breaths, making their belly go in and out. This can help slow everything down when feelings are too much.



## 3 Take slow sips of water

Drinking water bit by bit and thinking about how it feels can make your child pause and relax for a moment.



## 4 Pause and notice

Ask your child to name three things: one thing they can see, one they can hear, and one they can feel. This can help them reconnect during stressful moments.



## 5 Reach for a furry friend

A cuddle with a beloved pet or stuffed animal can work wonders.



## 6 Bend and stretch

Gentle movements, like reaching up high or bending down, can help relax the mind and body.

