



## Identifying Calming Strategies/Breaks for You and Your Child

In a moment of calm, or during a morning meeting, sit down with your child and let them know that you would love to come up with a few strategies to use if anyone in the family needs a calming moment or a "brain break."

Post your family's calming strategies somewhere as a reminder to use in the moment.

You might want to create a list for each child and adult in your household, as adults need calming breaks as well!

Make sure you have all the materials needed to implement the strategies (you don't want to be building a calm space or looking for coloring books or arts and crafts materials in the moment!).

Role play what it might look like to use the strategy.

# Calming Menu for Your Child

Sit with your child and have them circle the ones they would like to try or add their own:

Take a deep breath

Get some fresh air

Walk away

Hum/sing

Drink some water

Go for a walk

Listen to music

Draw/color

Read a book

Jump

Play with a pet

Talk to an adult

Talk to a friend

Journal

Dance/move your body

Read a comic book or something that makes you laugh

Do art/crafts

Get a hug

Squeeze something tight

Smell something that makes you feel calm

Take a bath/shower

Tell yourself that it will be okay

Tell yourself something calming

Do a 10-minute mindfulness app

Go into Zen Den (calming place)

Listen to an audiobook

Practice mindfulness activity: \_\_\_\_\_

Other: \_\_\_\_\_

Other: \_\_\_\_\_

Other: \_\_\_\_\_

# Calming Menu for Parents

Circle the calming strategies you would like to try or add your own:

Take a deep breath

Have a warm tea or coffee and savor it

Take a digital detox moment and go outside and take 3 deep breaths

Get some fresh air

Walk away

Hum/sing

Drink some water

Go for a walk

Listen to music

Draw/color

Read a book

Do a short exercise video online (dance, yoga, etc.)

Play with a pet

Talk to a spouse

Talk to a friend

Journal

Dance/move your body

Read a book or something that makes you laugh

Do art/crafts

Get a hug

Smell something that makes you feel calm

Take a bath/shower

Tell yourself that it will be okay

Tell yourself something calming

Do a 10-minute mindfulness app

Go into an adult Zen Den! (calming place)

Listen to an audiobook

Text a friend

Practice mindfulness activity: \_\_\_\_\_

(see menu on next page for ideas)

Other: \_\_\_\_\_

Other: \_\_\_\_\_

Other: \_\_\_\_\_