

Got It!



'Co-Regulation'

When a calm adult soothes a child they become 'in tune' with each other. Being 'in tune' with an adult helps the child learn to manage emotions and how to calm down. Try one of these with your child and remember to do it together!

Triangle Breathing



Use your index finger to trace a triangle on the palm of your hand as you take deep breaths

3 things Mindfulness

Notice 3 things that you can:

Feel 

Hear 

See 

Squeeze a stress ball or toy



Squeeze for 7 seconds and then let go