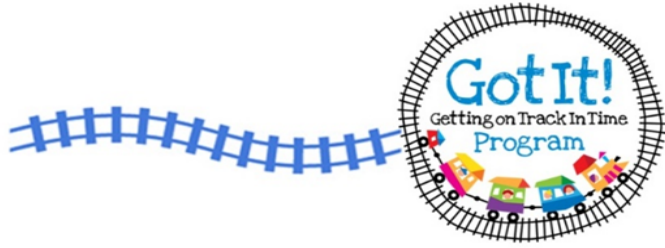


Got It!



Calming strategies for intense emotions

When we have really big feelings we need an equally big way to let them out safely. Here are some things you could try doing with your child when they are distressed:

- Suck on something super sour or strong tasting (like a mint)
- Have them smell some peppermint oils
- Chew on ice
- Squeeze ice in the palm of your hand until you can't hold it anymore
- Scream into a pillow
- Do some push-ups, lift something heavy, or go for a run
- Listen to heavy music and stomp dance
- Squeeze and release a stress ball as tight as you can for as long as you can
- Stretch a piece of Theraband as far as you can 10 times
- Write it/draw it and then chuck it!

