

QUICK!

RESET AND CALM

1. CHILL OUT (LITERALLY)

Applying cold compress to your neck can help slow your heart rate and relax. You've got a major nerve running from your head to your belly that reacts to cold sensations.

2. TAKE DEEP BREATHS

Focus on expanding your belly when you breath in to fill your lungs. Count to four as you breath in, hold, and breath out.



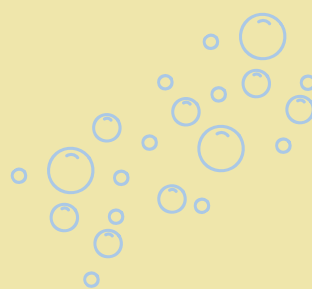
3. FIND 3 TRIANGLES

How many triangles can you find the objects around you? Giving our brain a new challenge brings us back to the present and distract from distress



4. BLOW BUBBLES

To blow bubbles (especially really good ones) requires good deep breaths. Bubbles also provide visualize distractions.



5. HANG UPSIDE DOWN

Hanging upside or swinging can provide a release of endorphins. Swinging also helps calm our vestibular system which our body's position and balance system.



6. EXERCISE

Try five wall push-ups, a quick walk, or stretching. Getting our body moving helps us focus and can work out nervous or angry energy.



MODEL

Don't just tell your kid to do the skill. Start doing the skill and invite your child to join you! Joining allows our kids to borrow our nervous system for extra support. Bonus: This keeps us from overreacting too!

SWITCH IT UP!

Not every skill works for every child or even for every situation. Don't get stuck! If a skill isn't working after 5-10 minutes, move to another one.