

### Calming for Children and Families



#### Bell-listening

- Ring a bell and ask the kids to listen closely to the vibration of the ringing sound.
- Tell them to remain silent and raise their hands when they no longer hear the sound of the bell.
- Then tell them to remain silent for one minute and pay close attention to the other sounds they hear once the ringing has stopped.
- After, go around in a circle and ask the kids to tell you every sound they noticed during that minute.



#### Squish and Relax

- While the kids are lying down with their eyes closed, have them squish and squeeze every muscle in their bodies as tightly as they can.
- Tell them to squish their toes and feet, tighten the muscles in their legs all the way up to their hips, suck in their bellies, squeeze their hands into fists and raise their shoulders up to their heads.
- Have them hold themselves in their squished up positions for a few seconds, and then fully release and relax.



#### Breathing Buddies

- Hand out a stuffed animal to each child (or another small object).
- Have the children lie down on the floor and place the stuffed animals on their bellies.
- Tell them to breathe in silence for one minute and notice how their Breathing Buddy moves up and down, and any other sensations that they notice.
- Tell them to imagine that the thoughts that come into their minds turn into bubbles and float away.



#### Heart Beat Practice

- Have the kids jump up and down in place for one minute.
- Then have them sit back down and place their hands on their hearts.
- Tell them to close their eyes and feel their heartbeats, their breath, and see what else they notice about their bodies.

# Calming for Moms and Dads



## 4 by 4 Breathing

1. Breathe in for 4 seconds.
2. Hold for 4 seconds.
3. Breathe out for 4 seconds.



## 4 Senses

1. What is one thing you see in the room?
2. What is one thing you can feel with your hands?
3. What is one thing you can hear?
4. What is one thing you can smell?



## Self Talk

**Positive Self Talk** is communicating with yourself in a way that helps you to feel like you can calm down and take on challenges.

Example self talk phrases:

- I have what it takes to get through this.
- I am a good parent.
- I can calm down.

Add your own:

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## Textures

1. Grab an object you like to hold such as play-dough, a rock, a stress ball, or a toy.
2. Touch and move the object in your hand.
3. Notice how the object feels in your hands.