



What Is My Child Learning?

Your child is learning to manage strong feelings by saying a stop signal, naming his or her feeling, and using different Ways to Calm Down.

Why Is It Important?

When their strong feelings are under control, children are better able to think clearly and pay attention.

Ask your child: What are the Calming-Down Steps for strong feelings?

Read Together

When you feel strong feelings, you can use these steps to help you calm down:

1. Stop—use your signal
2. Name your feeling
3. Calm down:
 - Breathe
 - Count
 - Use positive self-talk

How to Belly Breathe

- Focus your attention on your breathing.
- Take a breath that makes your tummy move out when you breathe in, and in when you breathe out.
- Breathe in slowly through your nose and out through your mouth. It should be so quiet that you can hardly hear it.

Practise Together: Belly-Breathing Basics

1. Read 'How to Belly Breathe' (above right).
2. Practise together.
3. Pick a feeling from the list below.
4. Think of a time you felt that feeling in a strong way.
5. Say a stop signal and name the feeling.
 (For example: 'Relax! I feel frustrated.')
6. Practise belly breathing to calm down.
7. Try with another feeling.

irritated

SCARED

anxious

upset

FRUSTRATED



(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)