

7 SIMPLE CALMING TECHNIQUES FOR CHILDREN ... ADULTS TOO!

1 Try belly breathing.

Lay on the floor with one hand on your stomach. Then slowly breathe in. Notice how your stomach expands like a balloon. As you slowly breathe out, notice how the stomach deflates. You can have your child place a small stuffed toy on their stomach to take the toy “for a ride.”

2 Drink water.

Slowly sip a glass of cold water. Have your child pay attention to how it feels as they take the water in and swallow.

3 Enjoy music..

Sing out loud – choose a happy song you and your child enjoy. Or dance to that favorite song. Better yet, sing and dance!

4 Get your body moving.

Run, jump, hop – any safe and active activity that gets your heart pumping produces endorphins, feel-good hormones that are great at reducing stress.

5 Talk it out – and help your child talk it out.

Help guide your child to find the right words to describe how they feel and what is causing those feelings. Another idea is to draw or color what your feelings look like.

6 Play or cuddle with a pet.

Loveable dogs and cats can be expert stress-reducers.

7 Put your head below your heart and see what happens.

Examples could be a handstand, downward facing dog or other yoga moves like child’s pose. These postures automatically lower blood pressure and regulate hormones.

We can’t always protect our children (or ourselves!) from stress. Calming techniques are healthy coping strategies that put us in a better place to think more clearly and problem solve more effectively.

Learn more at SCFirstSteps.org

