5 Ways To Calm Down Anywhere

Children don’t often realise they need to calm down until it is too late...so what then! At times we can all find it hard to regulate our emotions and some of us find it harder than others.

Here are 5 proven ways to help you calm your child anywhere. If practiced before an event happens these suggestions can help. There is never a one size fits all solution to any problem. Try out a couple of strategies and overtime see how they go. If you keep calm, your child will over time keep calm too. If we use raised voices, so will they. It is hard – give it a go!

Print out the PDF and display on your fridge as a reminder of what to do.

Hope it helps you to help your little ones.

Love

Clare x

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References

(1) Go Zen anxiety relief program www.gozen.com
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1. **Breathe Deeply** – There is a method to breathing that can calm you within a few breaths. It is called 4 – 7 – 8 breathing. The trick is to fully exhale then breathe deeply in for the count of 4, hold for the count of 7 and breathe out for the count of 8. It does take practice but has been proven to induce a more relaxed state of mind. (1)

2. **Count** – Counting up to 5 or 10 and back again helps to wind you down not up. Impulse control can be hard. Learning to stop, breathe and count gives you a chance to think first.

3. **Squeeze** - Squeeze your toes together and then release again. Counting with this exercise can help - up to 5 or 10. The act of squishing your toes together and then releasing again provides a physical force that you can feel and act up on, when we are upset a lot of tension builds up in our bodies and this exercise can release it. An alternative to this would be to use your hands.

4. **Acknowledge That Frustration Happens** - It is important to accept anger and frustration as emotions that happen. Notice how you feel and look when you are frustrated.
   We all -
   • don’t have to be hard on ourselves – accept weaknesses as they are only an element of who you are.
   • do and will make mistakes and there is no right way to do anything – mistakes are part of the learning process and help your brain grow. (2) (3)

5. **Self Talk** – Practice positive self talk and challenge your own thinking. Turn the what if’s into a positive ‘What If I don’t like school’ becomes ‘I like school because ____________. ‘ Redirecting thoughts in a positive way is a valuable skill that is proven to make you happier. Change the ‘I can’t’ to ‘Yes, I can.’ (4)