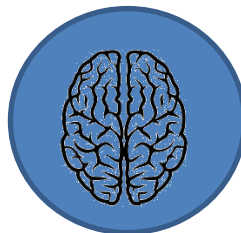


CALM DOWN KIT



CALM DOWN KIT

A collection of items to help teach children ways to calm down. As adults, we use calming strategies such as deep breathing which may help some children. Other children may need more concrete, tactile or visual strategies for calming.



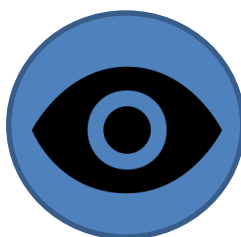
BRAIN BENEFITS

Calm down kits provide strategies for helping to reconnect the thinking brain to the emotional brain. Managing strong emotions is an essential part of emotional intelligence.



BREATHING

Calm down kits should include strategies to help children learn how to take effective deep breaths.



VISUAL

Calm down kits should include items which will be visually calming for children, and serve to re-direct them.



RELEASE TENSION

Calm down kits should include appropriate ways for children to release tension.



EMOTIONAL LITERACY

Calm down kits should include resources to help support the development of emotional literacy.

