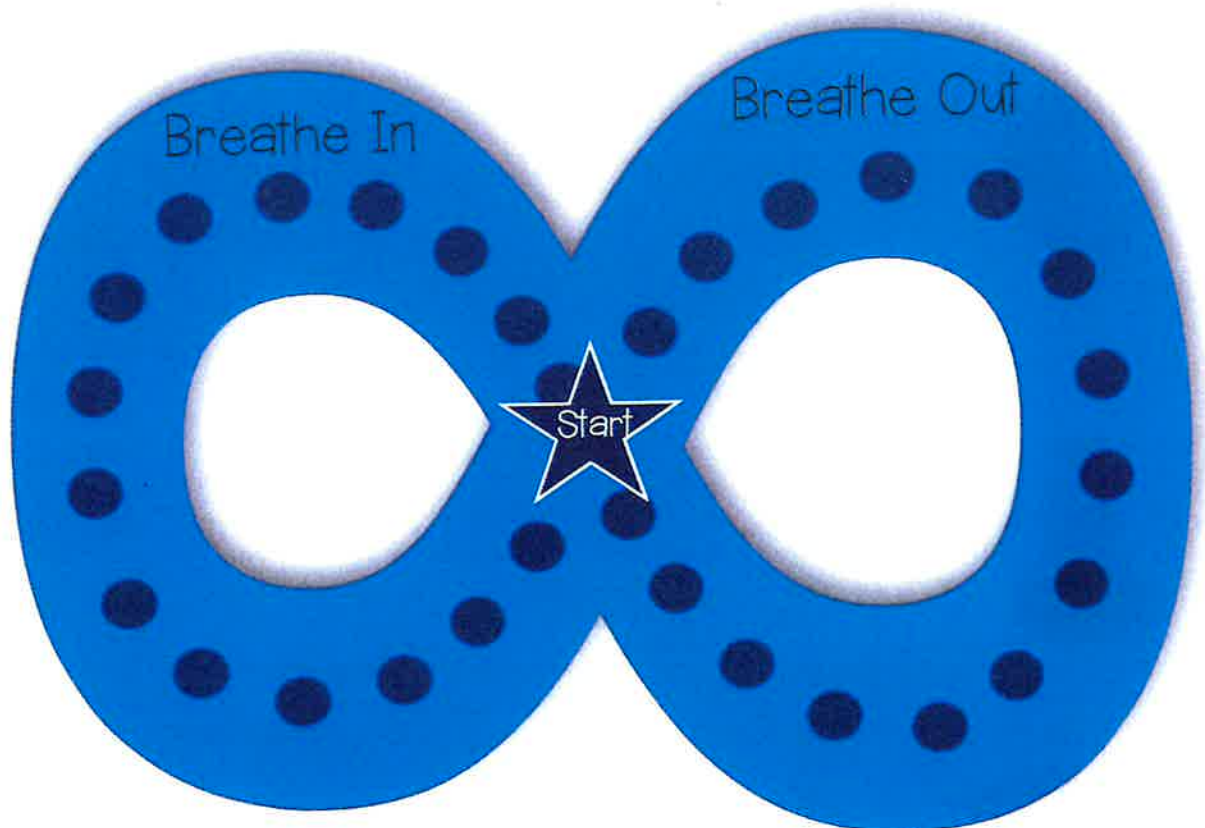


Calming Strategies

23 ways to calm down if you are feeling worried or anxious at home

1. Figure 8 breathing

Trace the 8 with your pointer finger while you breathe in and breathe out.



2. Grounding Exercise #1

Take a moment to notice what is happening around you.
What do you see? What do you hear? What can you touch?
What can you smell? What can you taste?



3. Grounding Exercise #2

Take a moment to notice what is happening around you.

Can you find 5 things for every color?

Red

Orange

Yellow

Green

Blue

Purple

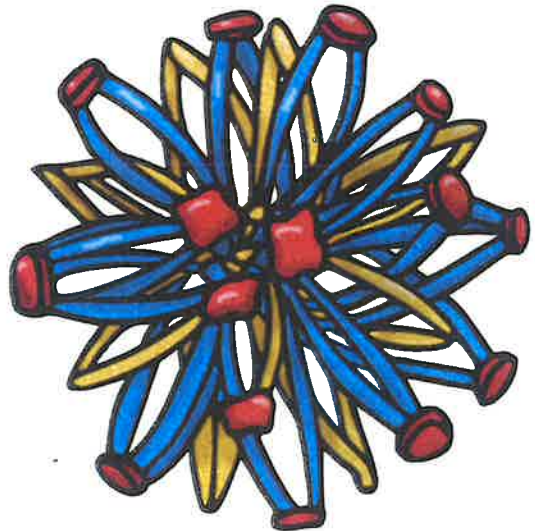
4. Journaling

Start a journal. You can use paper or download an app. Write about how you're feeling and what you did today. What feelings are you noticing in your body? Do you have any worries? What are they?



5. Use Your Breathing Ball

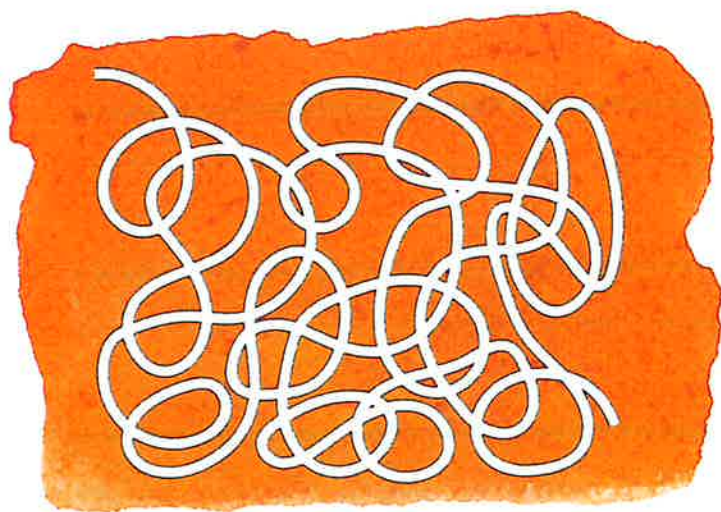
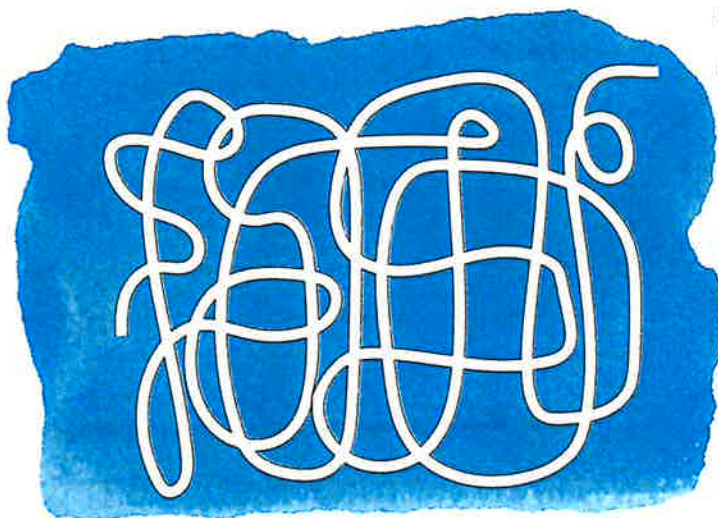
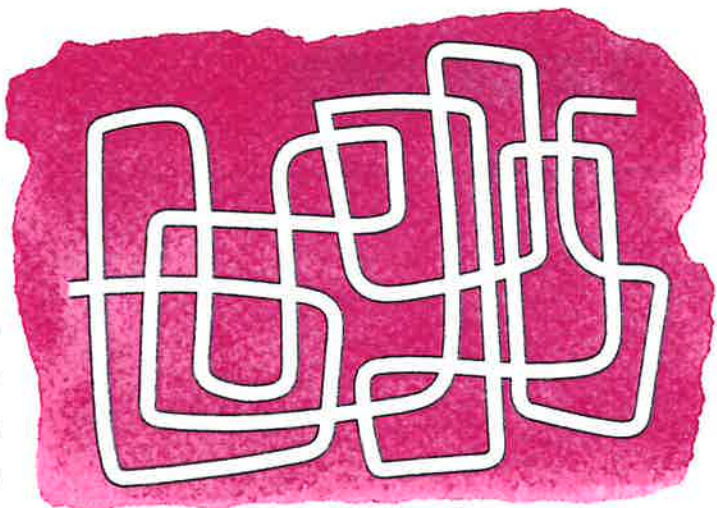
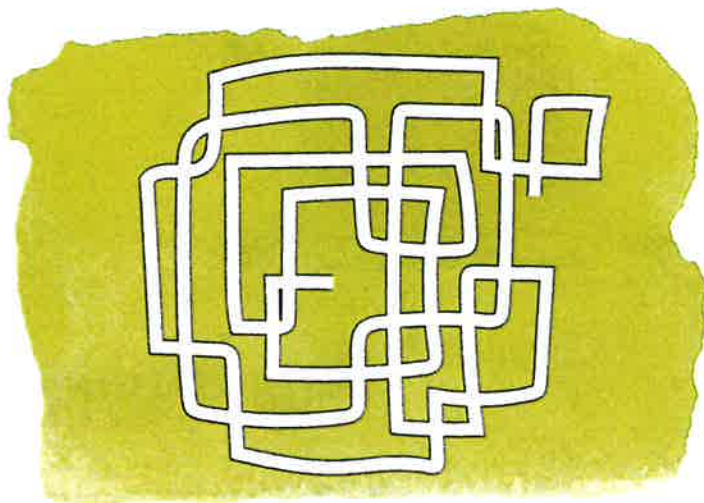
Close your eyes and imagine that you are using the breathing ball just like we do at school. Hold your hands in front of you with the imaginary ball in between them. Breathe in and open your hands. Picture the breathing ball opening. Breathe out and close your hands. Picture the breathing ball closing.



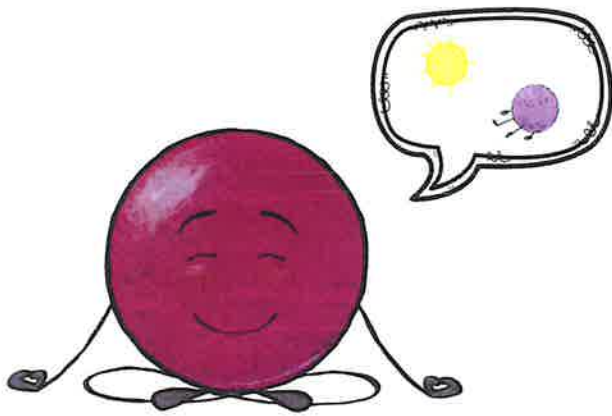
6. Complete A Maze

Focus your attention on the maze.

See if you can find your way from one side of the maze to the other. Trace with your pointer finger or a pencil.



7. Take a Mental Vacation



Remember when we painted our mental vacations? A mental vacation is a place that you can go in your brain. It's a happy and calm place.

Close your eyes and imagine yourself in a place that makes you feel happy, calm, and relaxed. Optional draw a picture or paint your mental vacation and write about it

My Mental Vacation

8. Listen to Music or Dance

Take a moment to let loose through music. Sing, dance, and do whatever your heart desires!



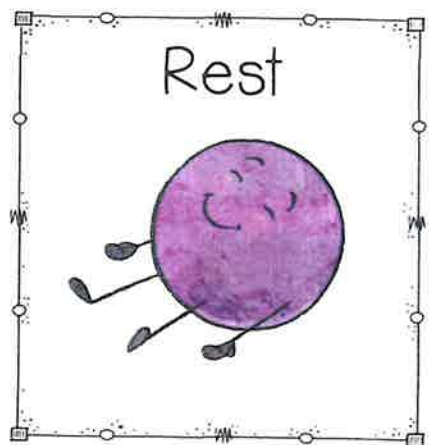
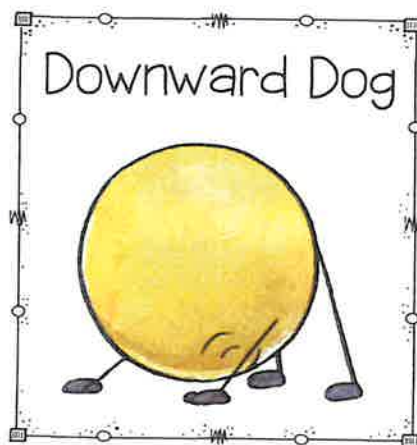
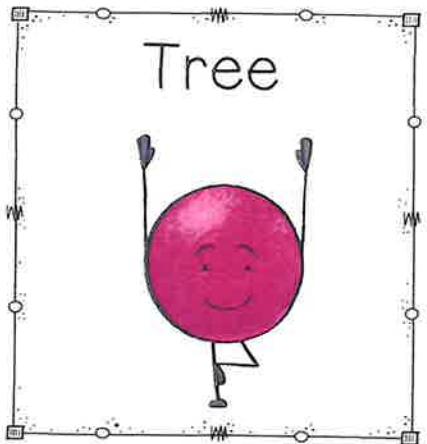
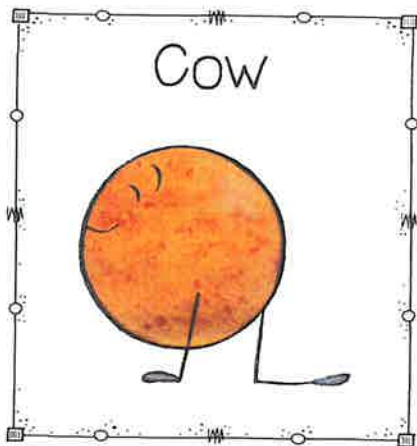
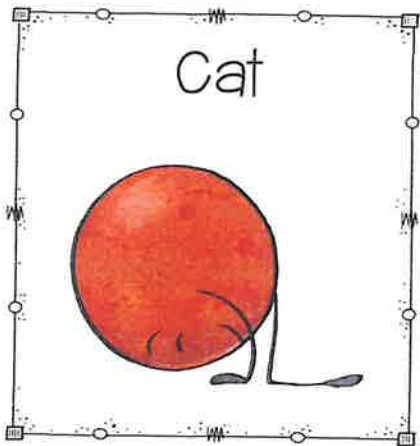
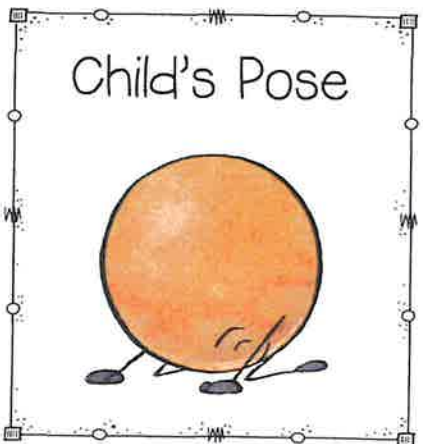
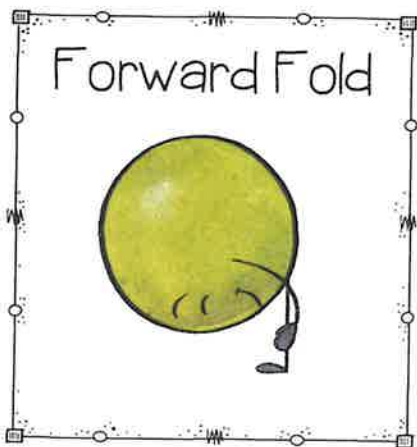
9. Count

One of the calm down strategies we learn in Second Step is counting. If you have strong feelings, try counting to 10, 30, or even 100. Focus on the numbers



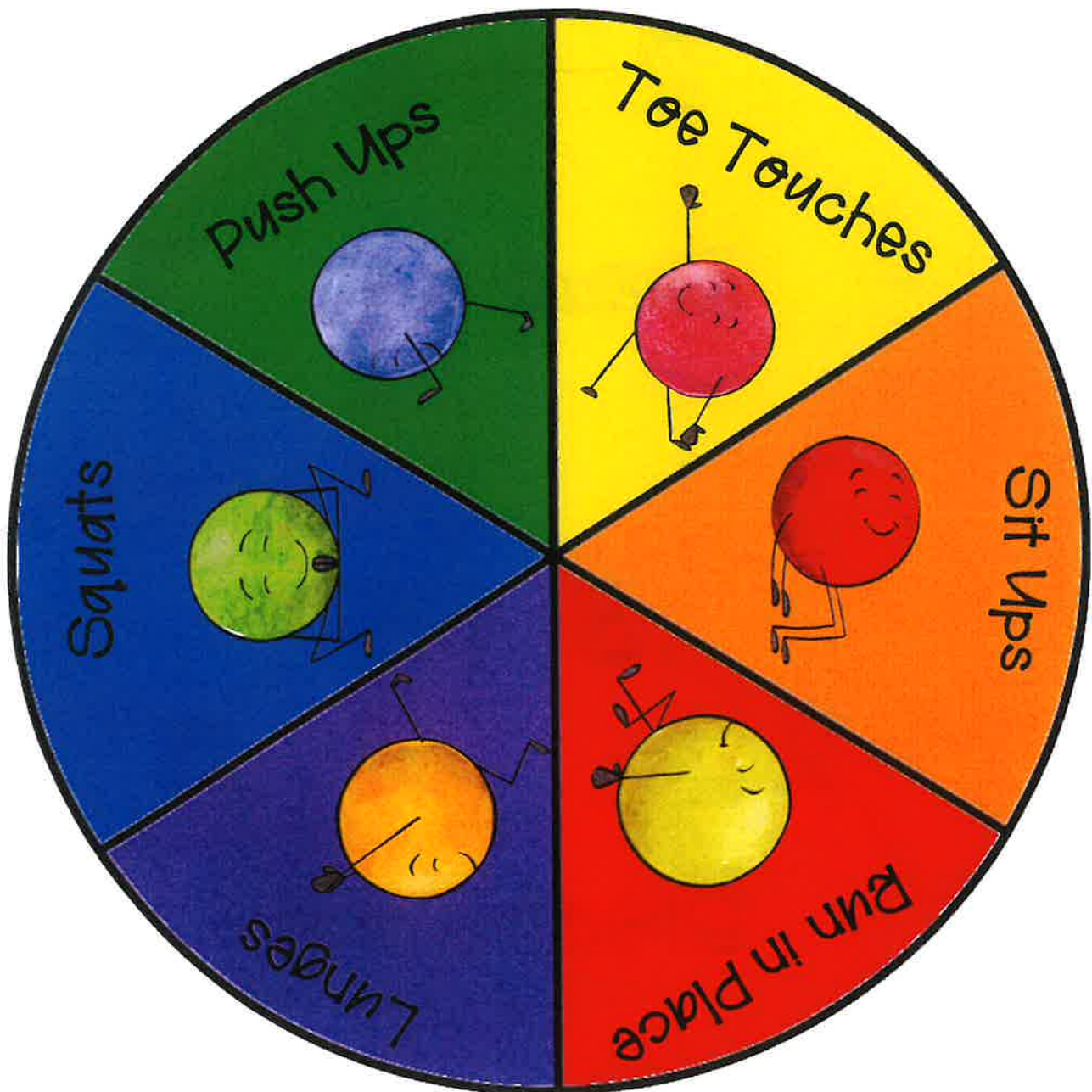
10. Stretch or do Yoga

Find a kids yoga video online (Cosmic Kids and Go Noodle are great resources) or try these poses!
Focus on your breathing.



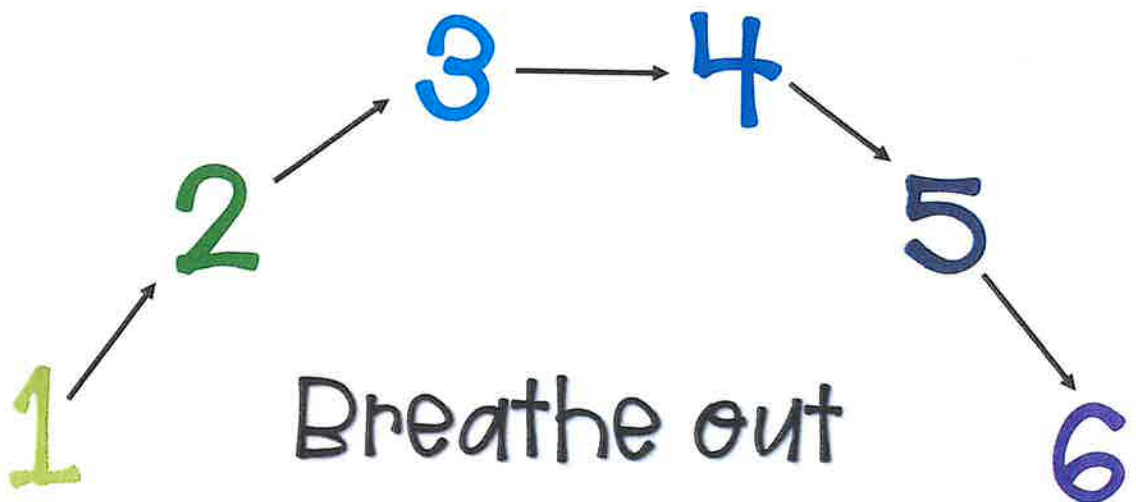
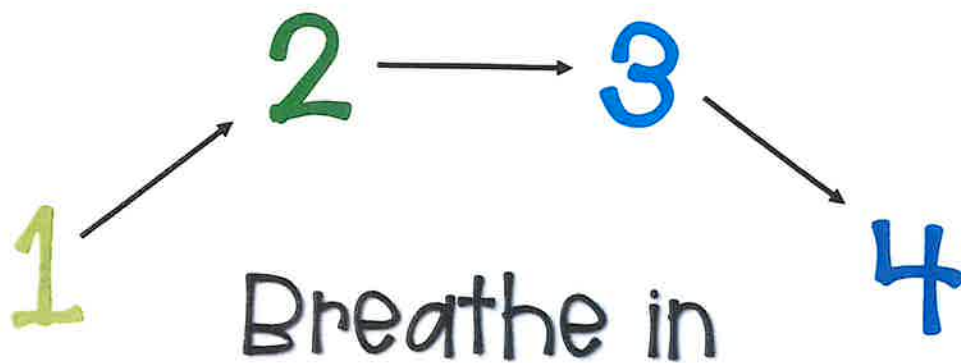
11. Exercise

Move your body! Exercise is good for our brains and our bodies. Dance, run, jump, or do some of the exercises below. How many can you do?



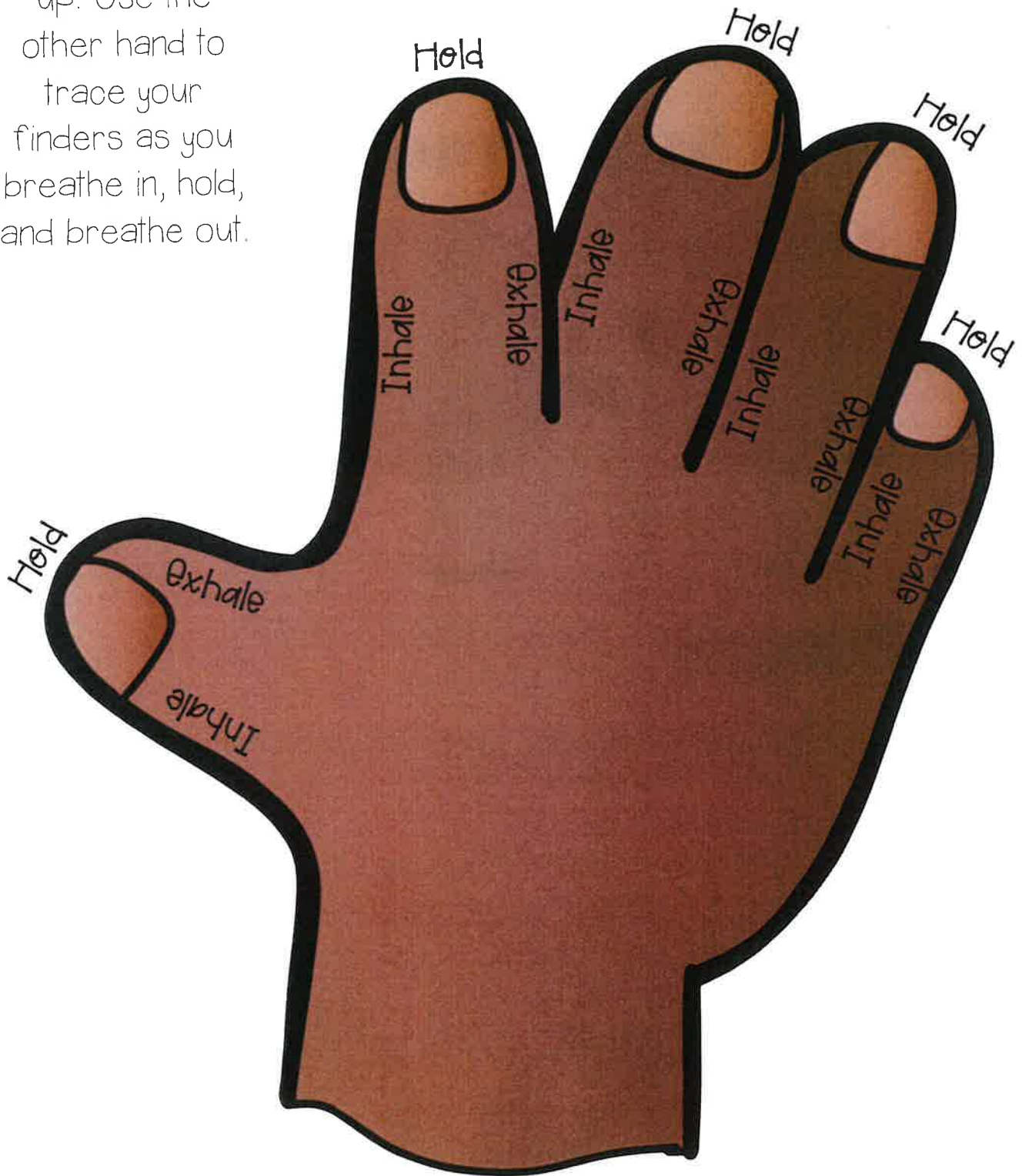
12. 4 x 6 Breathing

Point to the numbers as you breathe in for 4 seconds and breathe out for 6 seconds.



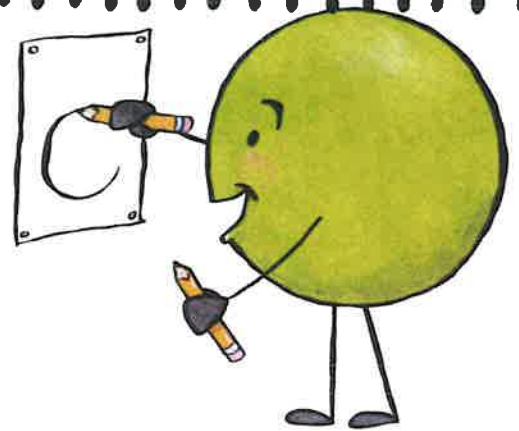
13. Finger Breathing

Hold one hand up. Use the other hand to trace your fingers as you breathe in, hold, and breathe out.

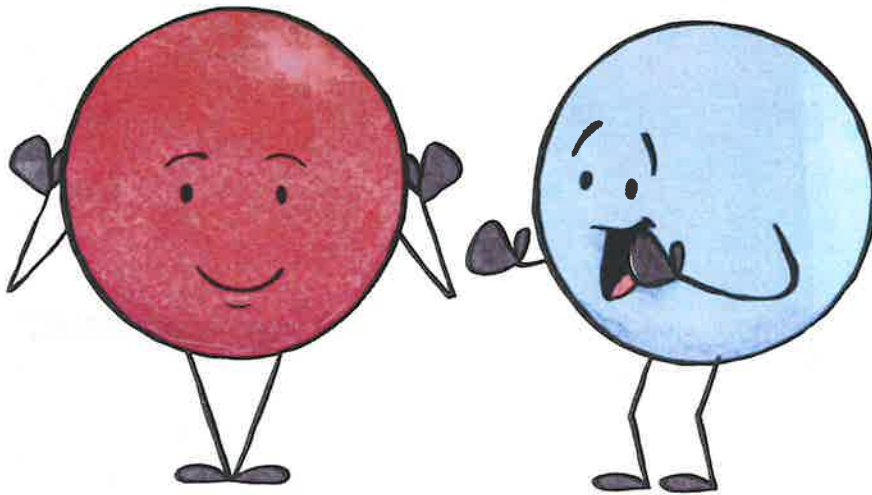


14. Draw

Draw anything that comes to mind!



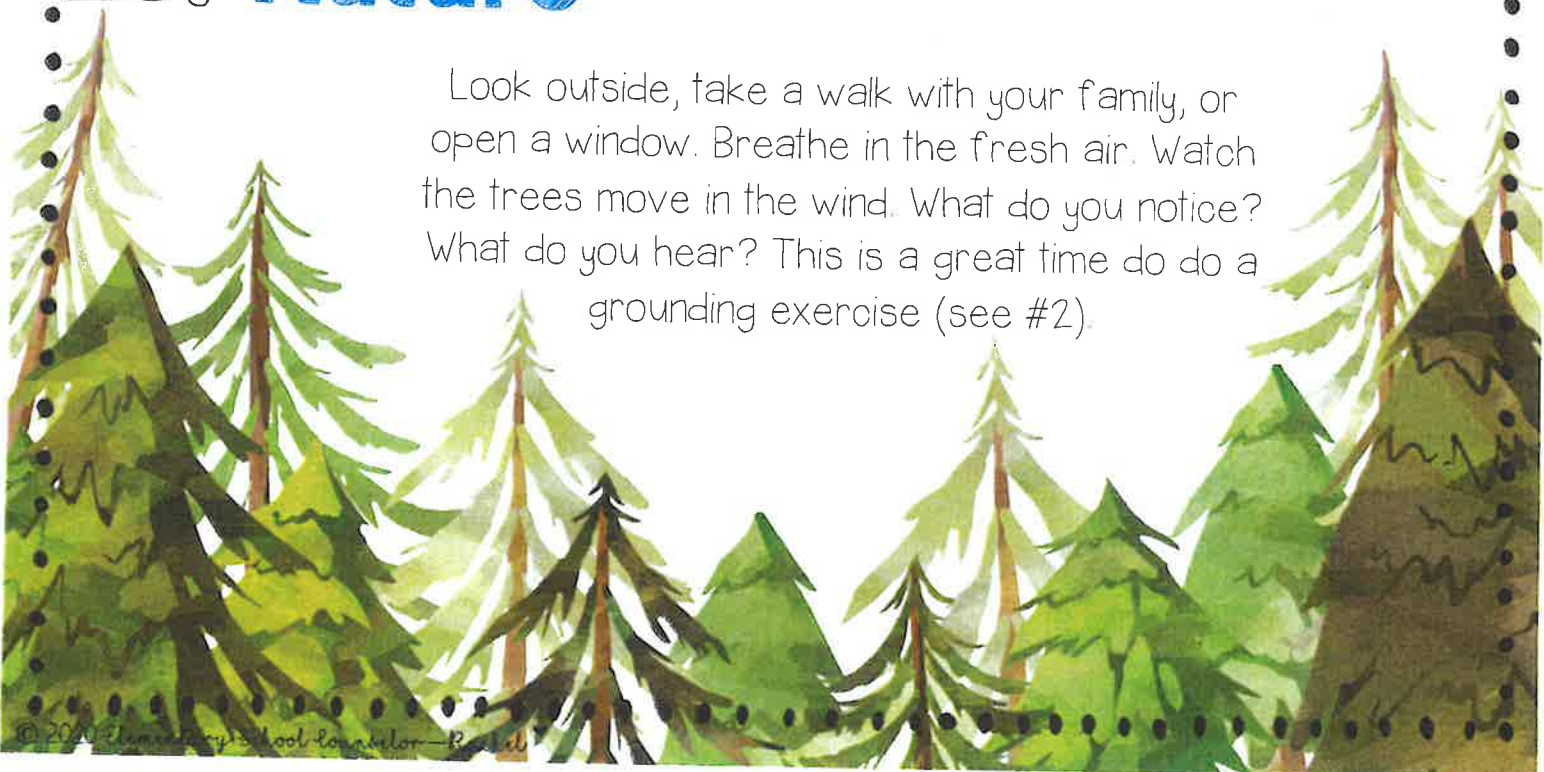
15. Talk to Someone



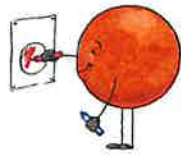
Share your worries with an adult or family member at home.

16. Nature

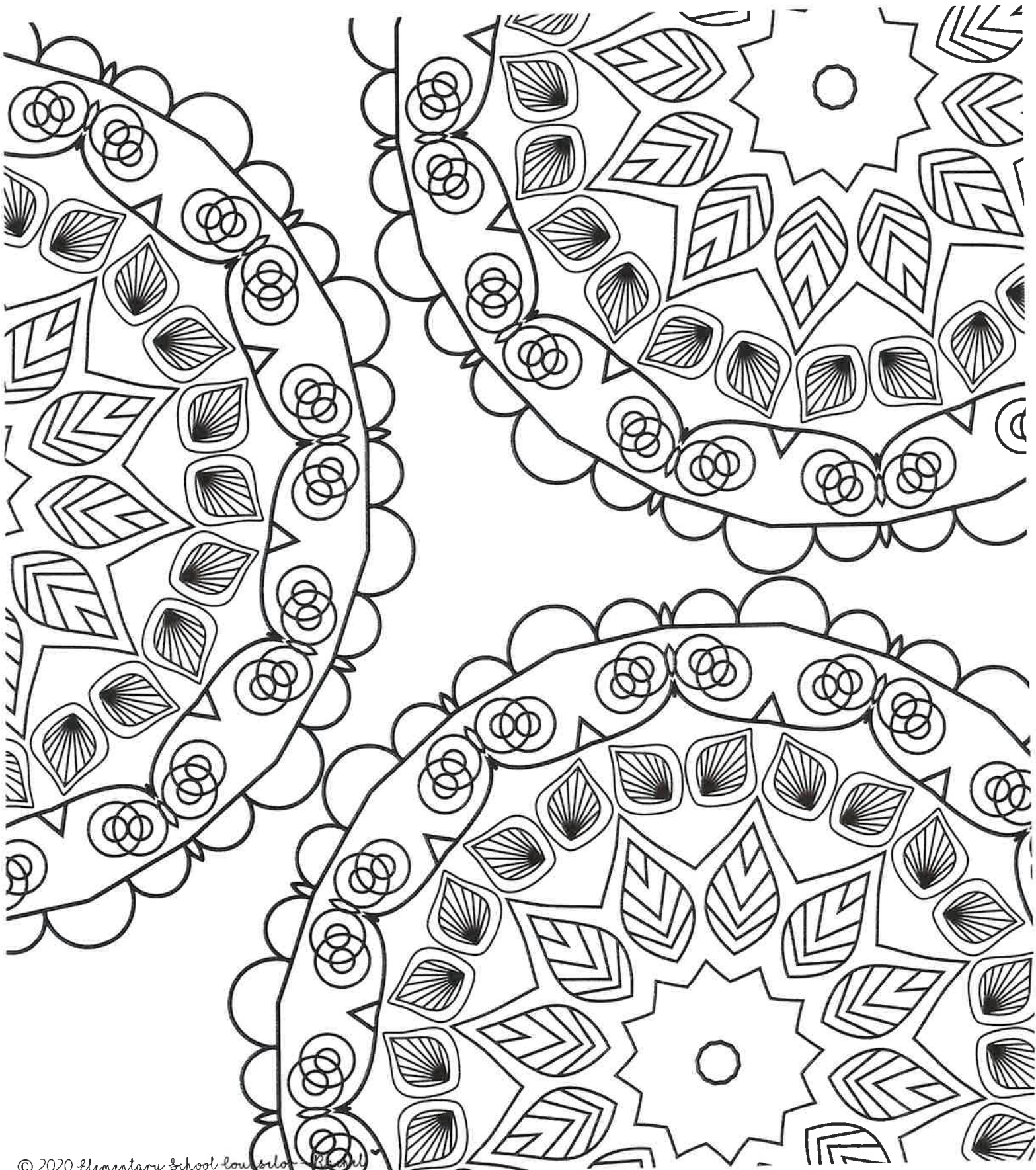
Look outside, take a walk with your family, or open a window. Breathe in the fresh air. Watch the trees move in the wind. What do you notice? What do you hear? This is a great time to do a grounding exercise (see #2).



17. Color



Find a coloring sheet online
or use this one! Or,
download a coloring app.



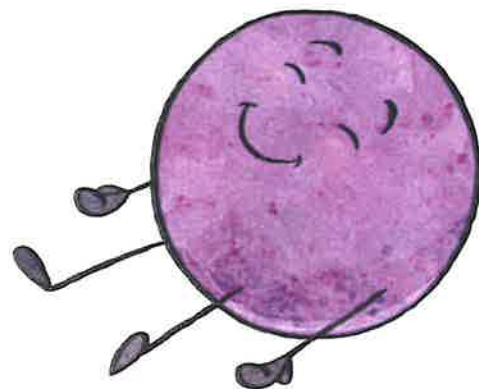
18. Laugh

Watch a funny video, tell a joke, or just laugh!



19. Progressive Muscle Relaxation

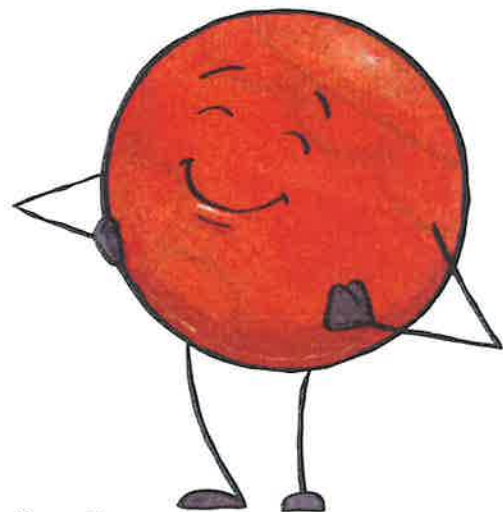
Start with your face. Squeeze the muscles in your face tight. Keep squeezing. Release and let your body relax. Continue with every part of your body until you get to your feet.



20. Positive Self-Talk

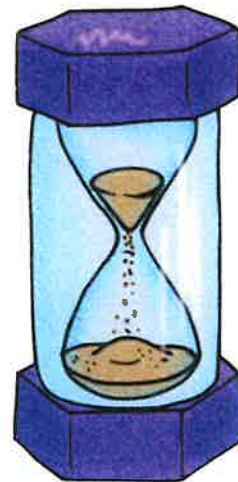
"Everything is going to be okay"
"I am calm"
"I am safe"
"I am strong"
"I can do this!"

Optional: look in the mirror and say the positive self-talk out loud



21. Worry Timer

Set a phone timer for 3 minutes. Think about all of your worries. When the timer runs out, picture the worries floating away and do your best to think about other things.



22. Create a Worry Box

Write or draw your worries on a piece of paper. When you are done, crumple or fold them up and put them in a box or container.

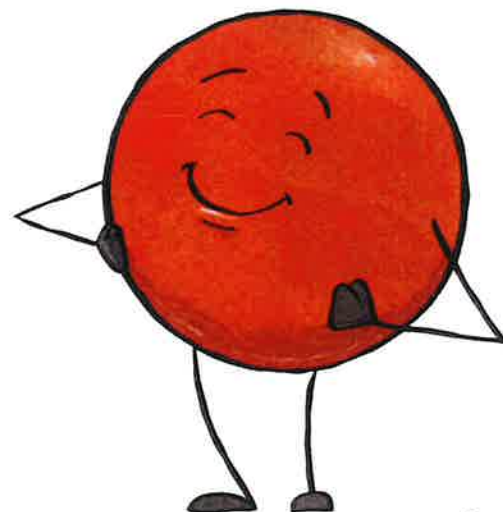
Optional parent/guardian can check the box each day to see worries and discuss with child.

I am worried about not seeing my teacher for a while.

23. Name and Talk to Your Worry

1. Name your worry
2. When you feel worried talk to your worry

"Marcus you are not in charge of my thoughts. I don't need to worry. I can be calm."



Resources



<https://www.teacherspayteachers.com/Store/Digitalartsy>



<https://www.teacherspayteachers.com/Store/Sarah-Pecorino-Illustration>



<https://www.teacherspayteachers.com/Store/Educlips>



[https://www.teacherspayteachers.com/Store/Crunchy mom](https://www.teacherspayteachers.com/Store/Crunchymom)



<https://www.teacherspayteachers.com/Store/Hidesys-Clipart>



[https://www.teacherspayteachers.com/Store/Dancin g-Crayon-Designs](https://www.teacherspayteachers.com/Store/Dancing-Crayon-Designs)



<https://www.teacherspayteachers.com/Store/Hello-Literacy>



<https://www.teacherspayteachers.com/Store/Bevs-Learning-Hut>

Mental Health Resources

- **Call or Text 988** to access the Suicide & Crisis Lifeline 24/7
- **Use the Fremont Text-a-Tip line** if you have any concerns about yourself or a friend: **Text Fremont to 1-844-823-5323**
- **NAMI (National Alliance on Mental Illness)** has a helpline that is available on Monday-Friday 10:00am-10:00pm ET for mental health resources. **Call 1-800-950-6264 or text HelpLine to 62640**
- **The Trevor Project** is a national organization offering support, including suicide prevention, for LGBTQ youth and their friends (offers 24/7 support): **Call 1-866-488-7386 or text START to 678678**



Ride a Bike
OR SKATEBOARD



ASK FOR HELP

Blow
Bubbles



Color
Paint
Draw



CREATE ART!

Listen to
MUSIC



PLAY a
BOARD GAME

MAKE &
PLAY
WITH
SLIME



Practice
Gratitude



WEAVE,
KNT OR
CROCHET

Use Kind &
Compassionate
Self-Talk



Make a
SCRAPBOOK
OR COLLAGE



PRACTICE
YOGA



Hug
or
Climb
a Tree

KICK
BOUNCE
OR THROW
a BALL



JOURNAL OR
WRITE A LETTER



Take Slow,
Mindful Breaths



Cuddle or Play
with Your Pet



Drink
Water



Smile & Laugh



EAT
Healthy

50 COPING SKILLS for kids



Get Plenty
of
SLEEP



TAKE A SHOWER
OR BATH



STRETCH



Go on a
Hike,
Walk or Run

Use
Aromatherapy



Cook
or
Bake



Take
GOOD
CARE
of the
Earth



Look At or Take
PHOTOGRAPHS



Garden or
Do Yardwork



Visualize
a Pleasant Place

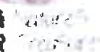


Try or
Learn
Something
New



READ a Book
or Magazine

EXPLORE &
DISCOVER



DRINK
A WARM
CUP OF TEA



USE A STRESS BALL
OR SQUEEZE TOY



DO A PUZZLE



Cry



Clean,
Declutter
or Organize



MAKE
ORIGAMI



Get a
HUG

EXERCISE



Play Outside



JUMP
on a
Trampoline



Rest
Take a Break, or Nap



Be Kind



BUILD
Something



TALK

Guided Meditation: The Balloon

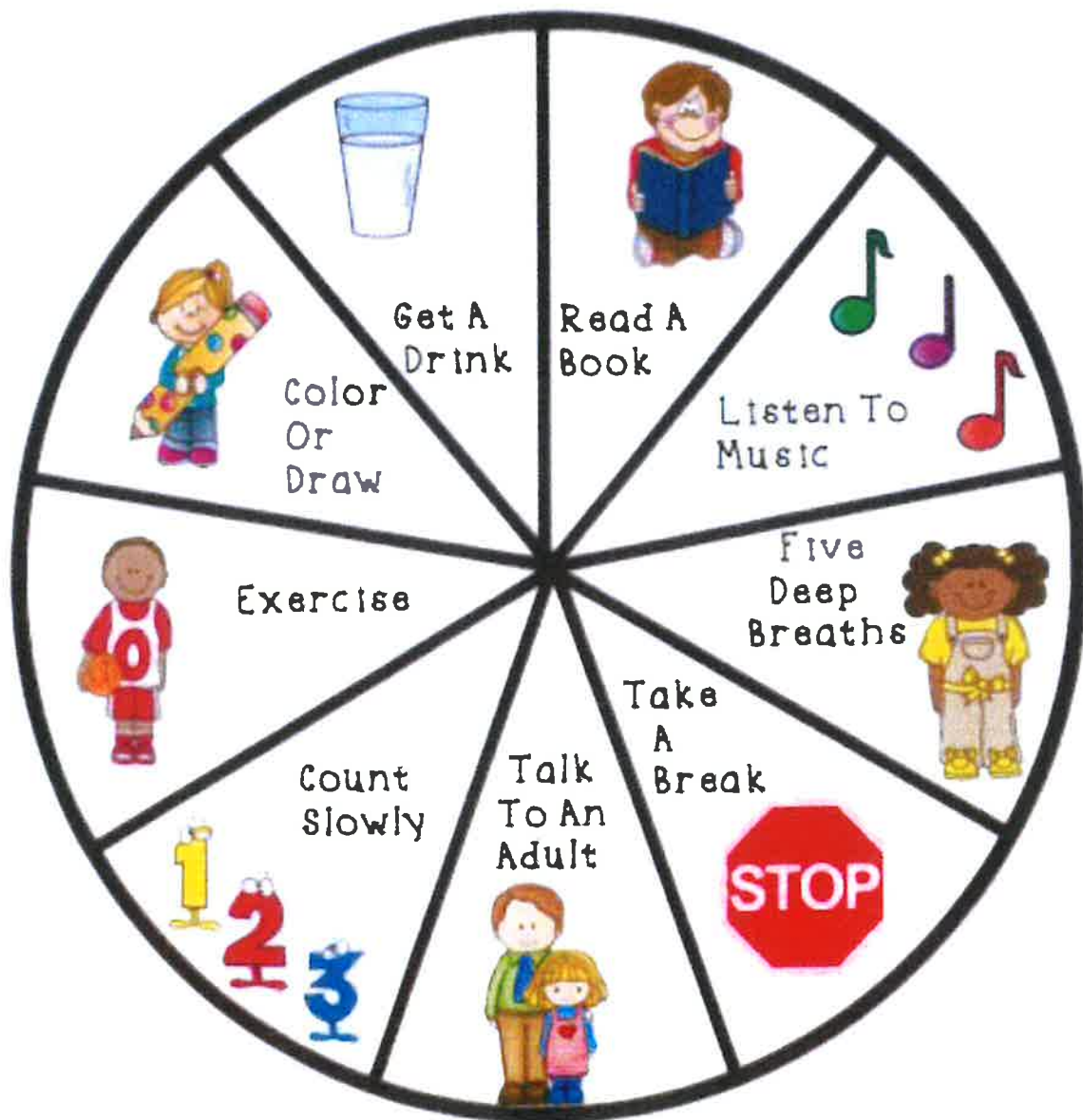
This guided meditation brings a visual component to a very simple deep breathing exercise. You can do this standing or seated.

1. Relax your body and begin to take deep inhales and slow exhales through the nose.
2. Start to take a slow, deep breath to fill your belly up with air, as if you're trying to blow up a big balloon. Expand your belly as much as you can.
3. Slowly let the air out of the balloon (through the nose) as you release the breath from the belly.
4. Encourage your kids to feel their entire body relax each time they exhale, each time air is slowly being released from the balloon. You can even make a "hissing" noise to encourage them to slow down the exhale even more, "Like letting air out of the balloon."
5. Continue for several minutes.



Coping Skills Wheel

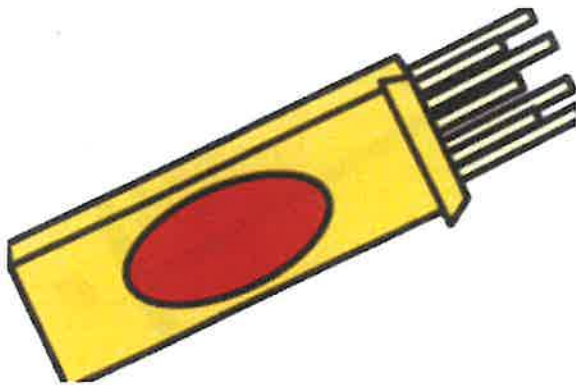
9 Ways to Handle Big Emotions



Muscle Relaxation: Spaghetti Noodle

This exercise is a fun way of guiding children through muscle relaxation techniques.

1. Imagine you are a spaghetti noodle before it goes in the pot of hot water. What does it look like?
2. Tense up and squeeze all your muscles, stay straight like a noodle!
3. Now imagine you're in the pot of hot water. What does the noodle look like now?
4. Relax your muscles so you look like a cooked noodle.
5. Repeat several times.



Coping Strategies

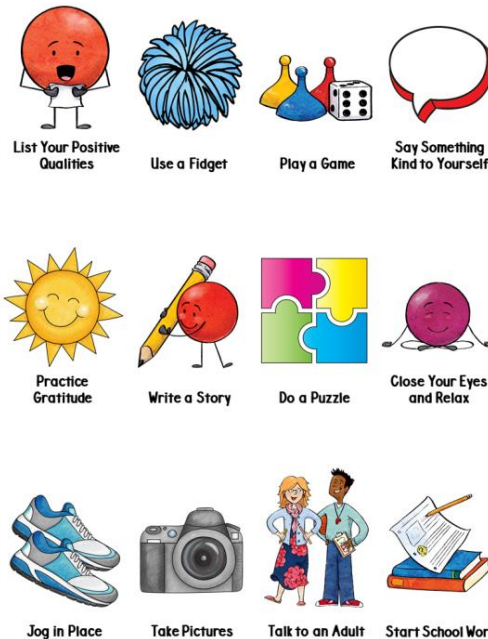
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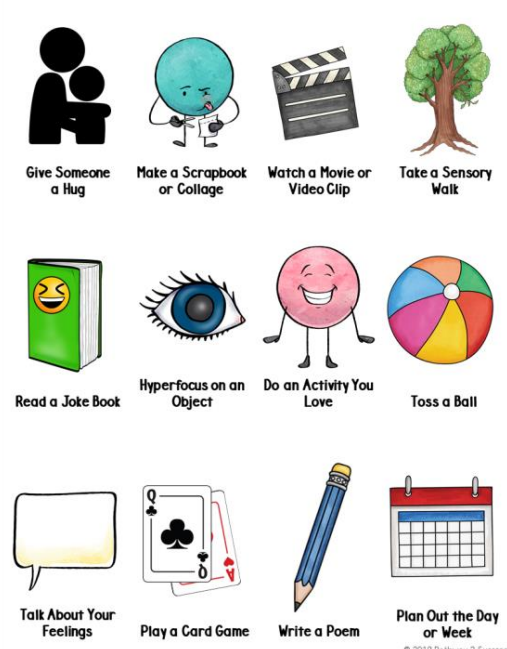
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HOW BIG IS MY PROBLEM?

5

EMERGENCY

Tornado, Fire,
Danger, Serious injury



Enraged
Terrified
Hysterical
Angry

4

BIG PROBLEM

Fighting, Getting lost,
Someone gets hurt



Upset
Scared
Mad
Anxious

3

MEDIUM PROBLEM

Minor accident,
Being disrespected,
Feeling sick



Worried
Frustrated
Exhausted
Hurt

2

LITTLE PROBLEM

Forgetting
homework, Lost
supplies, Can't
decide what to do



Unhappy
Disappointed
Annoyed
Embarrassed

1

GLITCH

Losing a game, Not
getting the supply
you want, Being late

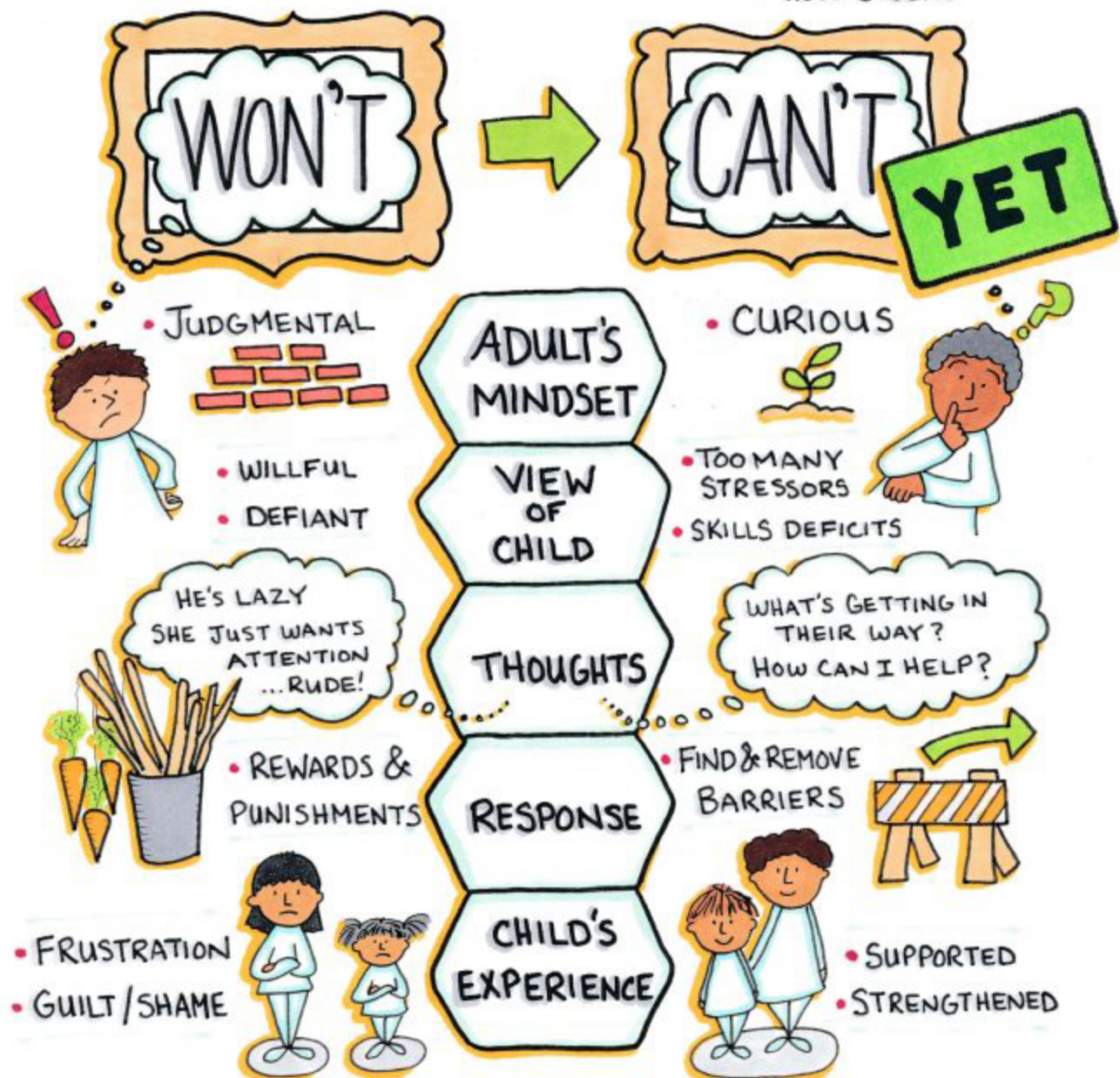


Okay
Content
Fine
Calm

REFRAME THE BEHAVIOUR

"KIDS DO WELL IF THEY CAN"

~ROSS GREENE



"SEE A CHILD DIFFERENTLY, YOU SEE A DIFFERENT CHILD"

~Dr. Stuart Shanker

When kids exhibit challenging behaviour we can be "STRESS DETECTIVES"... finding and removing barriers.

- FIND STRESSORS → REDUCE THEM
- FIND UNMET NEEDS → MEET THEM
- FIND SKILLS DEFICITS → TEACH THEM

@kwiens62



Self-care tips and tools

Self-care is the practice of taking action to preserve or improve one's own mental and physical health. It is the act of understanding yourself and nurturing yourself. Ultimately, self-care is about the connection to and relationship with the self. It is taking steps so that you can show up in your most constructive, effective, and authentic self.

Why do we practice self-care?

It is typical for MHFAider's to experience stress during or after helping a youth through a crisis or non-crisis situation. It is crucial to take care of yourself so that you can better take care of others. It is also important to model taking a break and taking care of yourself for our young people, so that they can truly see what it means to take care of themselves.

- **Compassion Fatigue:** Emotional and physical exhaustion leading to a diminished ability to empathize, sympathize or feel compassion for others.
- **Secondary Trauma:** Consequences like, isolation, hopelessness, social discomfort, guilt, resulting from knowledge about traumatizing events and/or working with individuals that have experienced high levels of trauma.

When do we practice self-care?

MHFAiders should always be practicing self-care, even when not feeling stressed. This helps maintain our mental and physical wellbeing. However, it is important to tune into yourself and know when your body is telling you it is overworked. Below are some signs that you need to take care of yourself.

- Chronic Exhaustion
- Reduced sympathy/empathy
- Feelings of anger
- Increased agitation
- Dreading work
- Poor job satisfaction
- Hypersensitivity
- Poor work-life balance
- Over/under sleeping
- Feelings of hopelessness
- Intense feelings of guilt
- Feelings of imposter syndrome that interfere with work

How do we practice self-care?



It is important to **scaffold** your preferred self-care to adjust for days that are busy and days you have more time. Self-care should not add stress or an item to your list, it should be something that adds to your fuel tank.

On busy days:

- Turn off the email once done that that days work
- Ask yourself, "does this need to happen today, can it wait for tomorrow?"
- Use positive affirmations like
 - I am one person, I cannot do everything
 - I do not know everything and that is okay
 - My 60% might be someones 100%
 - I choose my happiness
- Treat yourself with the kindness you treat your friends. When struggling with self-criticism, practice thinking "If my friend were in this same situation, what would I say to them?" We can be our own harshest critic but we have the ability to be our biggest ally.

On less busy days:

- Sleep
- Exercise
- Hanging with friends
- Hobbies
- Taking breaks
- Setting goals/check-lists
- Pets
- Take days off, when you need them (I know that is hard as a teacher, but it models for your students that you are taking care of yourself)
- BOUNDARIES
 - Make sure you are sharing with people that respond the way you need
 - Saying no shows you respect yourself and your work
 - Understand what is in your control and what is out of your control

ABCs of Self-Care

FOR PARENTS AND CAREGIVERS



A

Ask for help from other parents, friends and family members.

B

Breathe. When you are feeling overwhelmed, take deep calming breaths and begin again.

C

Check up on your health! Take regular check-ups with your doctor!



D

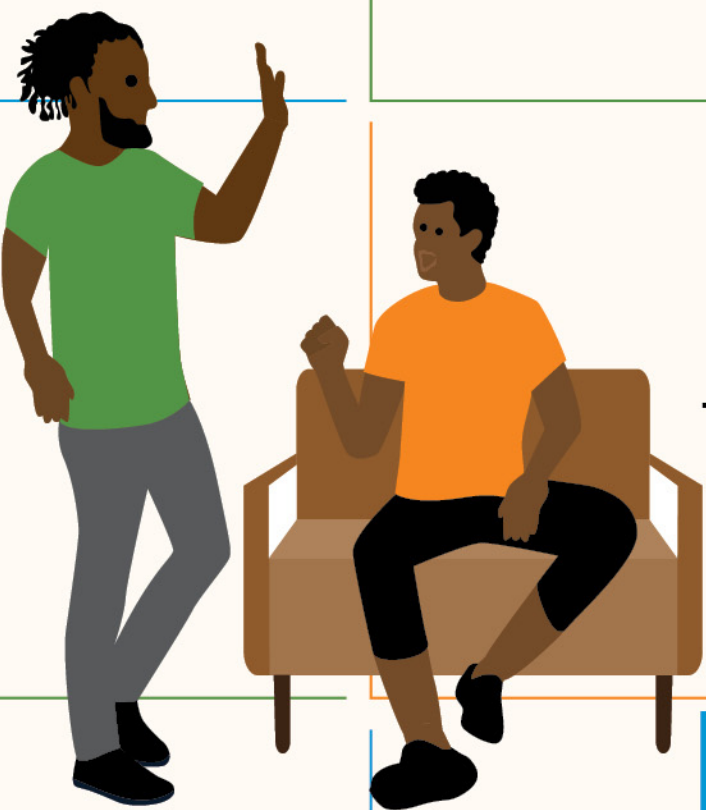
Delegate chores to other members of the family. You can't do it all!

E

Eat the last cookie and don't feel guilty.

F

Forgive yourself for any mistakes you've made.



G

Gratitude for the little things goes a long way for a positive mindset

H

Hydrate! Too often parents forget to drink water! Keep your body hydrated. Water is needed for overall good health.

I

Immerse yourself in a good book, a great show or your favourite hobby.



J

Joke with your adult friends. Sometimes a good laugh will take your mind away from the fact that you have to listen to Paw Patrol and sing Frozen songs every single day.

K

Kiss your teeth and let it go!



L

Lock your bedroom door for 5 minutes to catch your breath. Make time and space for yourself.

M

Meditate for a few minutes every day.



N

No.

No is a complete sentence. Don't be afraid to use it.

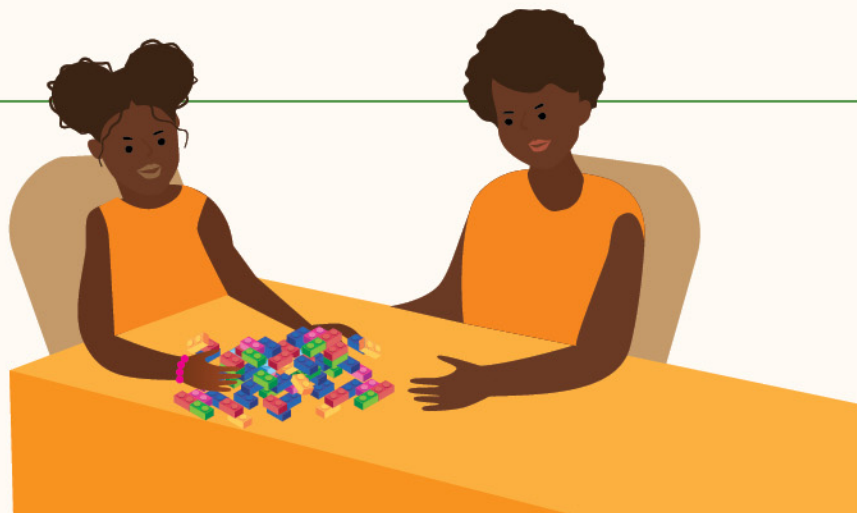


O

Offer help to those who may need it. You could pack an extra lunch for a child in need or meet up with a mum or dad who looks frazzled.

P

Play with your little ones so that they can feel connected to you.



Q

Question your negative thoughts.

R

Read a good book.

S

Stretch. We are not as limber as we used to be. Stretch your body first thing in the morning and just before you go to bed.

T

Talk to your significant other, or a friend or another parent about things outside of parenthood.

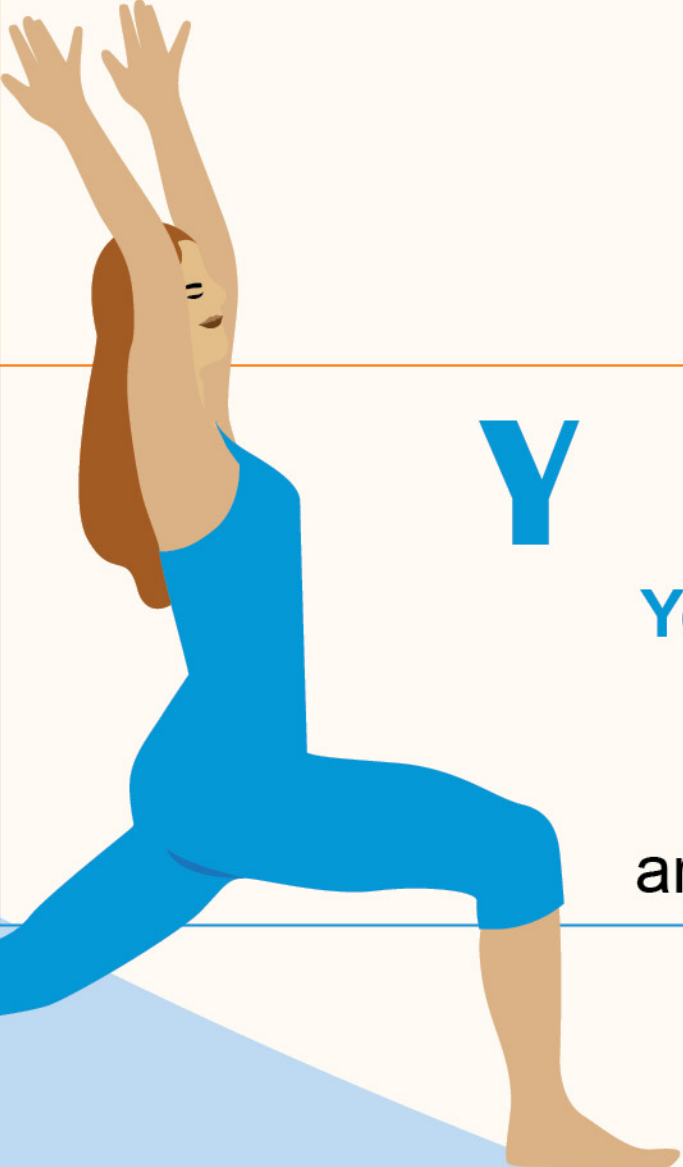


U

Use wisdom. Know which battles to fight with your children and which ones to let go.

V

Value yourself. You are powerful. You have value. You have worth. You are important.

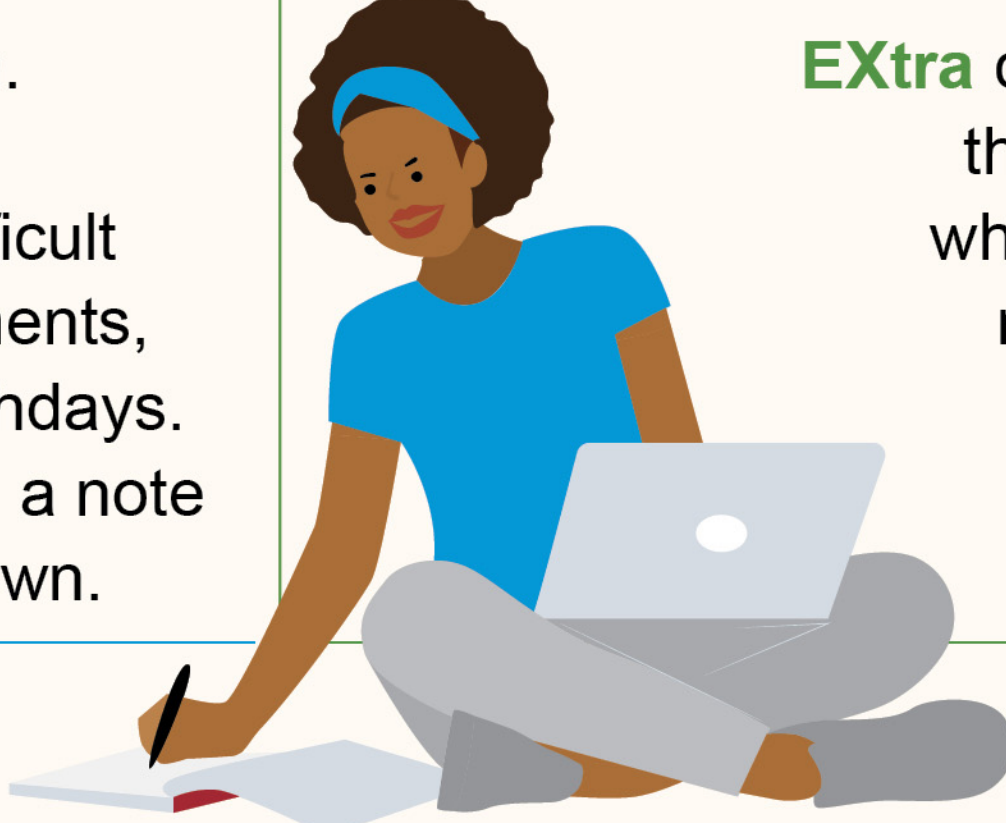


W

Write things down. Parents juggle so much it can be difficult to remember appointments, field trips and even birthdays. Get a nice diary, or even a note pad and jot things down.

X

EXtra care on the days when you need it!



Z

Zone out and focus on yourself for a period of time each day.

Y

Yoga can be extremely beneficial and relaxing.