



Help Us Calm Down

Strategies for Children

Try these strategies with your child! The more you use a calming strategy and practice the strategy with your child, the more likely they are to use the strategy when experiencing anger, stress, sadness, or frustration.

I can...



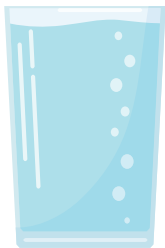
take deep breaths



count



go for a walk



take a drink



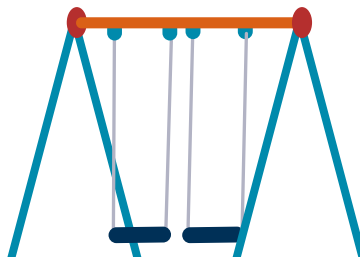
take a break



listen to music



draw a picture



swing



rock



read a book



hug a favorite toy



do a puzzle



Ayúdanos a estar Calmados

Estrategias para niños

¡Pruebe estas estrategias con su hijo! Cuanto más use una estrategia relajante y practique la estrategia con su hijo, más probable será que la use cuando experimente enojo, estrés, tristeza o frustración.

Yo puedo...



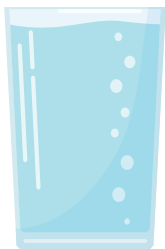
respirar profundamente



contar



caminar



tomar una bebida



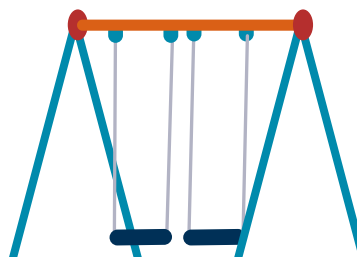
tomar un descanso



escuchar música



hacer un dibujo



columpiar



mecerme



leer un libro



abrazar mi peluche favorito

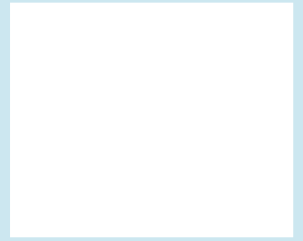


construir un rompecabezas

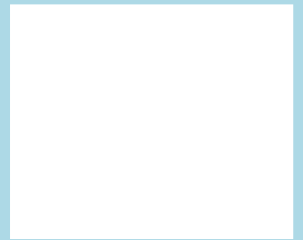
My Bedtime Routine



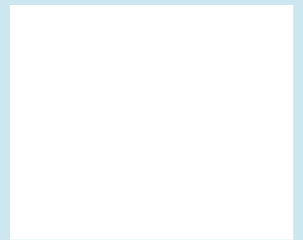
Take a bath



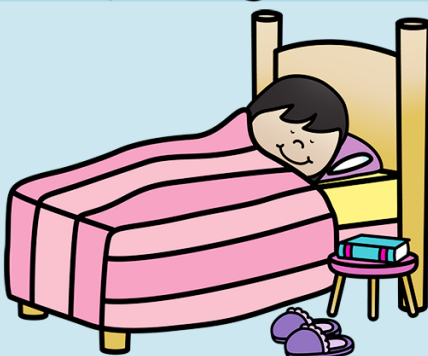
Put on pj's



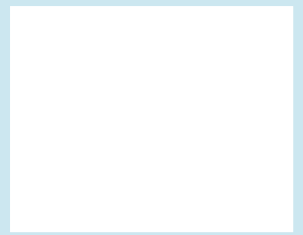
Brush teeth



Read a book



Go to bed





Frustrated



Embarrassed



Lonely



Sad



Mad



Nervous

**This is how I
feel today!**



Happy



Loved



Scared



Proud