

What Is My Child Learning?

Your child is learning to manage strong feelings by saying a stop signal, naming the feeling, and using different Ways to Calm Down.

Why Is It Important?

When the strong feelings are under control, children are better able to think clearly and pay attention.

Ask your child: **What are the Calming-Down Steps for strong feelings?**

Read Together

When you feel strong feelings, you can use these steps to help you calm down:

1. Stop—use your signal
2. Name your feeling
3. Calm down:
 - Breathe
 - Count
 - Use positive self-talk

How to Belly Breathe

- Focus your attention on your breathing.
- Take a breath that makes your tummy move out when you breathe in, and in when you breathe out.
- Breathe in slowly through your nose and out through your mouth. It should be so quiet that you can hardly hear it.

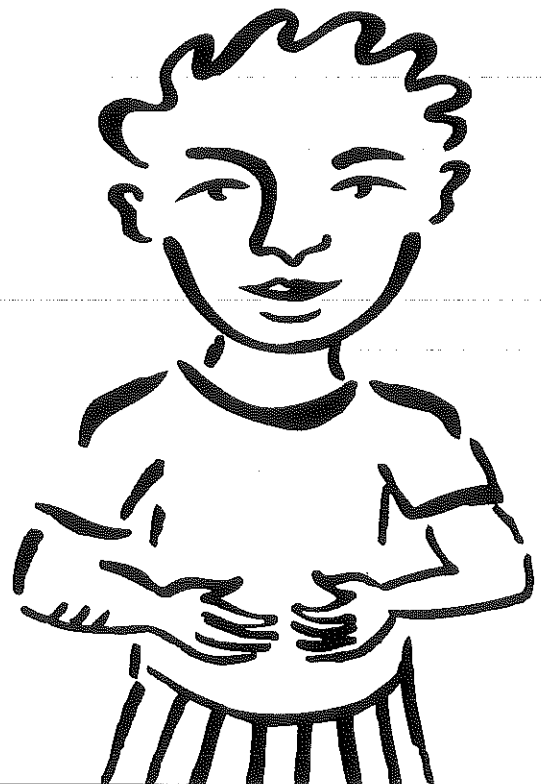
Practice Together: Belly-Breathing Basics

1. Read “How to Belly Breathe” (above right).
2. Practice together.
3. Pick a feeling from the list below.
4. Think of a time you felt that feeling in a strong way.
5. Say a stop signal and name the feeling.
(For example: “Relax! I feel frustrated.”)
6. Practice belly breathing to calm down.
7. Try with another feeling.

irritated SCARED

ANXIOUS UPSET

FRUSTRATED



(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)
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What Is My Child Learning?

Your child is learning to manage strong feelings like anger by using the Ways to Calm Down.

Why Is It Important?

When strong feelings are under control, children are better able to think clearly and avoid hurting other people's bodies or feelings.

Ask your child: **Why is it important to calm down angry feelings?**

Read Together

Everyone gets angry sometimes. Feeling angry is natural, just like all feelings are natural. Using the Ways to Calm Down can help you manage your anger so you don't do something hurtful. After you stop and name your feelings, try one or more of the following Ways to Calm Down.

- Belly breathing
- Using positive self-talk
- Counting

Physical Signs of Anger

- Hot face
- Clenched fists
- Racing heart
- Headache
- Stomachache
- Sweating
- Dizziness
- Shaking
- Tense shoulders

Practice Together: It Adds Up to Anger!

Everyone feels anger in different places in their bodies. For this activity, decide what physical signs add up to anger for each of you.

1. Think about the last time you felt really angry.
2. Read the "Physical Signs of Anger" list.
3. Decide which signs match how you felt the angry feeling in your body.
4. Write the signs you chose in the spaces below. Add your own physical sign if it's not on the list.
5. Now practice using the Ways to Calm Down.

C H I L D	+
	+
	+
= ANGRY	

A D U L T	+
	+
	+
= ANGRY	

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)
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