

Identifying Calming Strategies/Breaks for You and Your Child

In a moment of calm, or during a morning meeting, sit down with your child and let them know that you would love to come up with a few strategies to use if anyone in the family needs a calming moment or a "brain break."

Display your family's calming strategies somewhere as a reminder to use in the moment. You might want to create a list for each child and adult in your household, as adults need calming breaks as well!

Make sure you have all the materials needed to implement the strategies (you don't want to be building a calm space or looking for colouring books or arts and crafts materials in the moment!).

Below there are two menus - one with examples of activities your child could use and one with examples of activities you your self could use to help calm or activities you want to complete when you need a break.

You could circle the ones you might want to try or maybe try to add a few of your own.

Remember to display the menus somewhere as a reminder to use in the moment.

Calming Menu for children

Take a deep breath

Get some fresh air

Go for a walk

Listen to music

Draw/colour Read a book

Jump

Play with a pet

Talk to an adult

Talk to a friend

Journal

Dance/move your body

Read a comic book or something that makes you laugh

Do art/crafts

Get a hug

Squeeze something tight

Smell something that makes you feel calm

Take a bath/shower

Tell yourself that it will be okay

Tell yourself something calming

Listen to an audiobook

Calming Menu for Parents

Take a deep breath

Have a warm tea or coffee and savour it!

Take a digital detox moment

Go outside and take 3 deep breaths

Get some fresh air

Walk away

Hum/sing

Drink some water

Go for a walk

Listen to music

Draw/colour

Read a book

Do a short exercise video online (dance, yoga, etc.)

Play with a pet

Talk to a spouse

Talk to a friend

Journal

Dance/move your body

Art/crafts

Get a hug

Smell something that makes you feel calm

Take a bath/shower

Tell yourself that it will be okay

Tell yourself something calming

Listen to an audiobook

Text a friend