

REGULATION-YOUNGER KIDS

Teach your child ways to help their body calm down such as belly breathing (breath in like you are smelling flowers and breath out like you are blowing out a birthday candle) or guided imagery (the use of words, music or pictures to bring about positive imagery scenarios).

Lazy 8 Breathing

Our skating rink is shaped like an 8 on its side. The skaters glide along the ice, smooth and slow. Skate a figure 8 with your finger! Enter the rink and move up, tracing the left part of the 8 while you breathe in. When you get to the middle of the 8, breathe out while you trace the right part of the 8.



5 things activity

<p>5 look</p> <p>Look around for 5 things that you can see and say them out loud.</p>	<p>4 feel</p> <p>Pay attention to your body and think of 4 things that you can feel.</p>	<p>3 listen</p> <p>Listen for 3 sounds.</p>	<p>2 smell</p> <p>Say two things you can smell.</p>	<p>1 taste</p> <p>Say one thing you can taste.</p>
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A child who can name how they are feeling can then develop skills to manage that feeling. Try using a "feelings chart" to help the child identify emotions. Think of fun ways to practice showing & naming different emotions. Depending on the child's age, ask the child for ideas on what the child can do when they are having a "big" feeling.