



QUICK TIPS

What Are Active Calming Strategies?

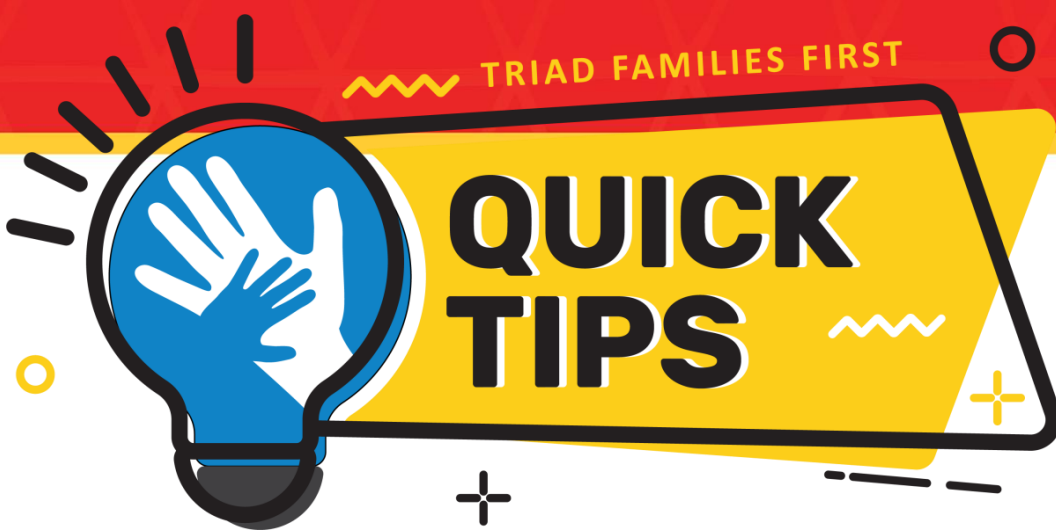
Active calming strategies are skills that we use to cope with stress and difficult situations. Children can learn to use these skills with adult support.

Child-Friendly Active Calming Strategies

Deep Breathing: Take a deep breath, hold the breath for a few seconds, and then release it. Use a pinwheel or bubbles to make it easy for your child to follow!

Muscle Tensing/Relaxing: Relax by focusing on different muscles of the body and alternately tensing and relaxing them one at a time. You can have your child pretend to squeeze lemons or squish their toes in the mud.

Visualization: Have your child imagine something pleasant and to visualize that scene with eyes closed. Suggest thinking about smells, sounds, and touch.



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Tips for Teaching Your Child Active Calming Strategies

Practice makes perfect. Try to teach relaxation strategies at scheduled times in the day when your child is calm. Be sure to reward your child immediately after practicing active calming strategies. This encourages continued practice and adds a positive connection with these strategies.

Prevent instead of react. Try to use these strategies when you begin to see early signs of emotion dysregulation instead of waiting until your child is very upset or mad.

Use visual supports or concrete tools. It is important to use visual supports (like pictures) or other concrete cues (like a pinwheel or bubbles) while learning active calming strategies. You can use them as a reminder for your child to practice or a prompt to use them when your child is upset.

Blow bubbles



Squeeze a lemon



Take deep breath

