**Ideas for Calming Down**

If you find your child is struggling with transitions or activities at home, it is best to practice these things at a time when he or she is calm so that when the child is feeling upset they have the tools they need to calm down.

**Take a deep breath:** Move away to a quiet space. Practice breathing by telling child, “smell the flowers” and mimic a deep breath in through the nose and “blow out the candles” and show him/her how to blow out the air through the mouth. Repeat this in and out for 5-10 cycles or until you see the child is calm. During this exercise, you should not be talking about anything else, just repeating the instructions and breathing along.

**Hug a pillow:** Find a spot in the house that is cozy and free from distractions. Show your child how to hug the pillow as tight as he or she can. Encourage 4-5 squeezes to before leaving the area.

**Tuck like Tucker Turtle**: Tucker Turtle is a character your child knows from the classroom. He sets examples for how to deal with problems in 4 steps.

1. Identify your feelings
2. Think, “stop” what you are doing
3. Tuck inside your “shell”
4. Think about a solution to the problem

**Count to ten**

**Calm down glitter bottles:** The idea is for the child to shake the water bottle and sit and watch it until the glitter settles. If you do not have glitter at home you can make this same effect with a few drops of vegetable oil or olive oil in a bottle (with a few drops of food coloring if you have it).

**Sing a quiet song:** The idea here is to remove the child from the situation that is upsetting and help him or her change the mindset. Singing a favorite song quietly can help put children in a better mood.