



## Drain

Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a "sssshhh" sound and release all your muscles, draining out the stress.



## S.T.A.R.

Smile, Take a deep breath And Relax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.



## Pretzel

Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.



## Balloon

Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a "pbpbpbpbpb" sound.

<https://consciousdiscipline.com/videos/i-can-calm-book-teach-composure-and-increase-literacy/>

## Supporting Self-Regulation

- **Validate Child's Feelings with Eye Contact**
  - Their feelings have importance.
    - ❖ "You are angry. You are having fun outside and you do not want to come in the house for lunch. That is hard."
- **Be Assertive**
  - Sets boundaries on behaviors that are safe, appropriate, and permissible.
    - ❖ "You wanted the toy so you grabbed it out of her hand. **We don't grab toys from our friends** (*assertive*). Next time you could ask. "When you are done with that toy, can I have a turn please (*problem solving*)?"
    - ❖ Role play solution and support with encouraging words (*You did it!*).
- **Give Choices**
  - Give a child a sense of control.
    - ❖ It is time to go to bed. You can choose a piggy back ride or you can choose to hold my hand. What is best for you?"
    - ❖ If continued resistance, STAY CALM and repeat choices.