

Help Us Calm Down

Being able to calm yourself in the moment is often easier said than done. Here are some strategies that can help you and your child when feeling anxious or angry.

The more you use a calming strategy and practice the strategy with your child, the more likely they are to use the strategy when experiencing anger, stress, sadness, or frustration.



take deep breaths



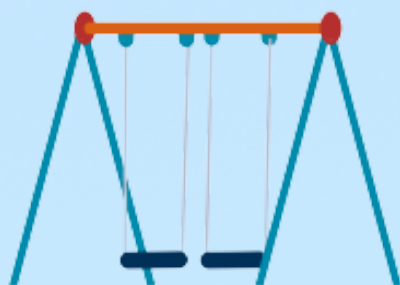
count



listen to music



go for a walk



swing



read a book



do a puzzle



hug a favorite toy



rock

Try the Tucker Turtle Technique!

Step 1.



Like Tucker - recognize your feelings and stay calm

Step 2.



Stop yelling and keep your hands and body to yourself.

Step 3.



Tuck inside your shell and take three deep breaths to calm down

Step 4.



Come out when you've calmed down and can think of a solution!

Where can I learn more?

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We Can be Problem Solvers

Everyone has problems sometimes. Problems can make us feel sad, mad, frustrated, or confused.

- ☹️ I'm lonely, I want to play too
- ☹️ I'm hurt
- ☹️ We want the same toy
- ☹️ They're bothering me
- ☹️ They knocked it down
- ☹️ It's ruined

When your child is having a problem, help remind him or her of the problem solving steps.



Step 1.

When your child has a problem, help them think about "what is the problem?"

Step 2.

Think of ways to make it better, brainstorm all kinds of solutions



Step 3.

Now think about each solution. What would happen if...Is it safe? How would everyone feel?



Step 4.

Then give it a try! If the solution doesn't work, think again of potential solutions!



Help Children Think of Possible Solutions

- Say "Please stop"
- Trade a toy or item
- Wait and take turns
- Get an adult
- Get a timer
- Ask nicely, say "Please"
- Ignore others' behavior
- Play together

