



Helping Kids Find Their Calm

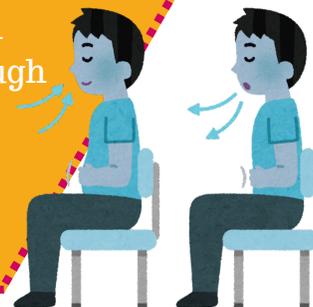


BE PRESENT

- Be physically close
- Be emotionally present
- Talk slowly and softly
- Show them you understand how they feel
- “I see you are feeling upset and I am here with you”

PRACTICE BREATHING

- Balloon Breathing: Breathe in through the nose like inflating a balloon, then slowly breathe out through the mouth



PUT FEELINGS INTO WORDS

- Identify feeling words such as sad, angry, or excited
- Accept their emotions and feelings
- “It sounds like you are nervous. Your feelings are valid”

ASK YOUR KID TO

- Shake their arms and legs
- Dance it out
- Stretch like a cat
- Walk or jump

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- [findtreatment.gov/locator](https://www.findtreatment.gov/locator)
- www.hrl.nyc

