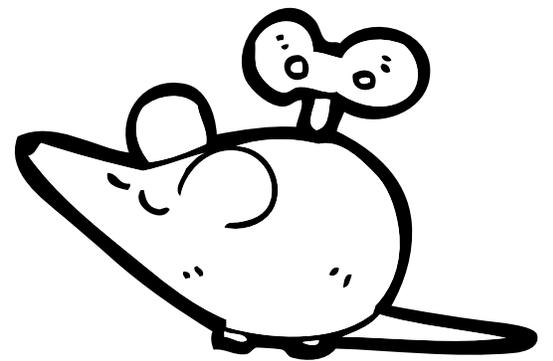
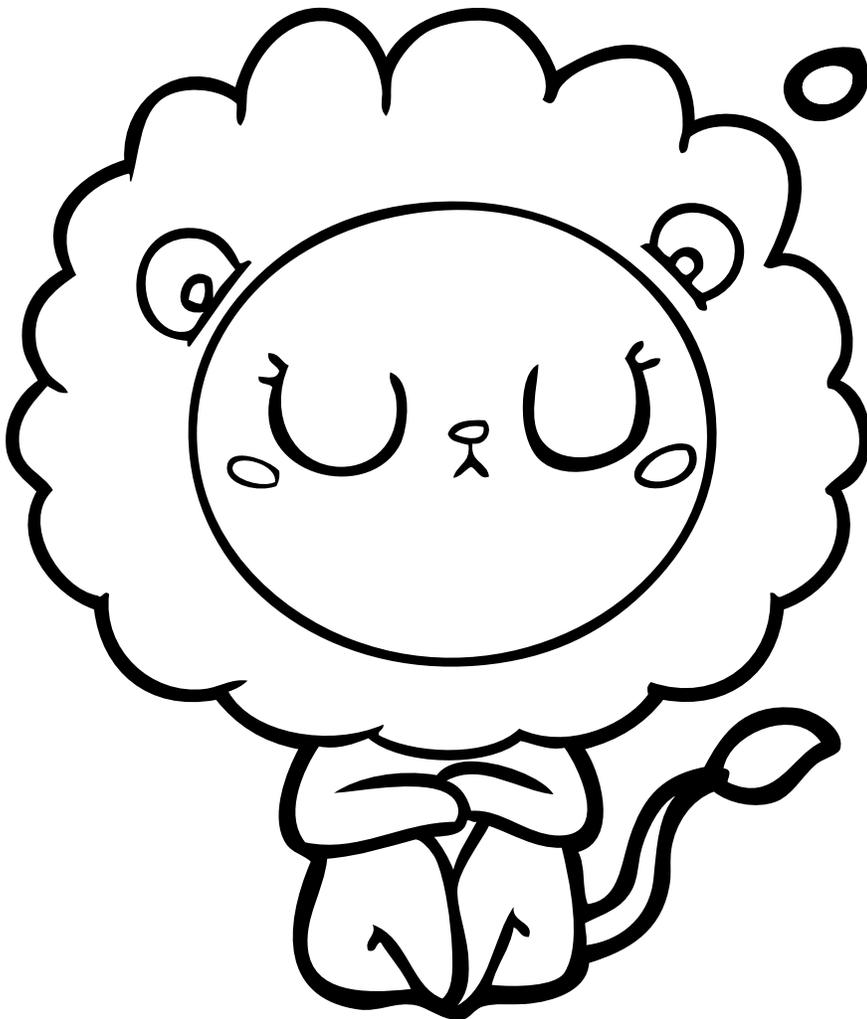
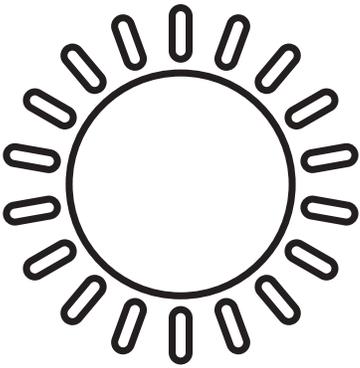


"Meow" Breathing



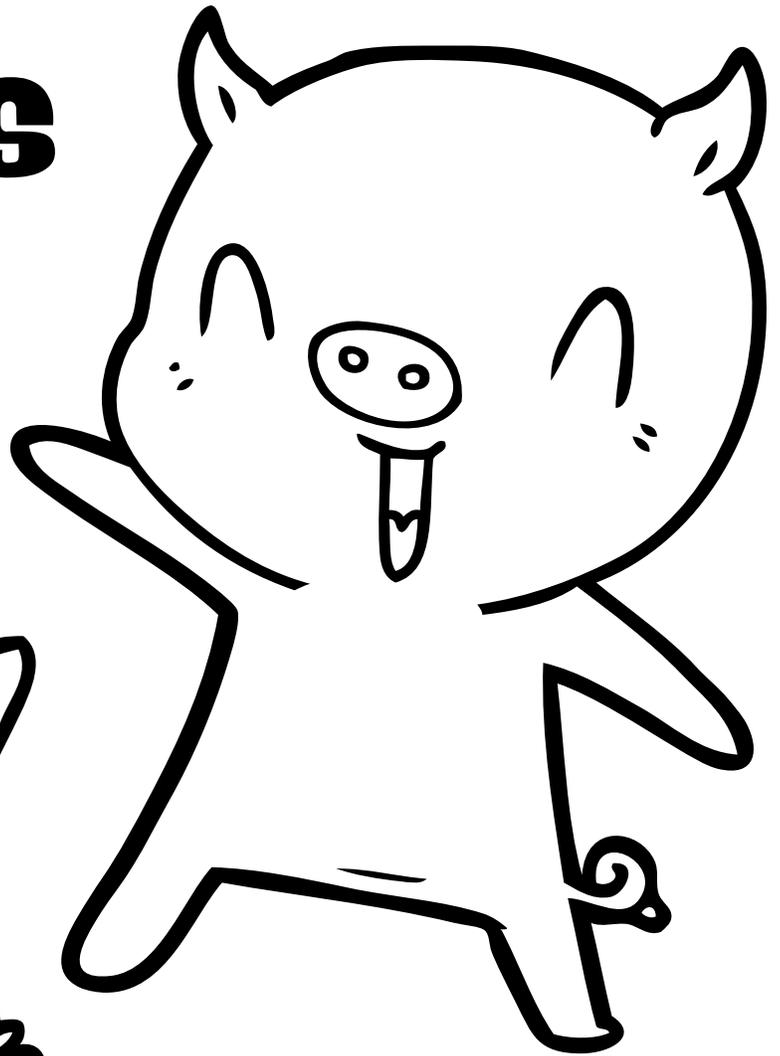
Take a deep breath hold for two seconds then when you breathe out, say "Meow" for as long as you can.

Happy Thoughts



Find a quiet spot,
get comfy, and
imagine places or
things that make
you happy.

Pigggy Wiggles



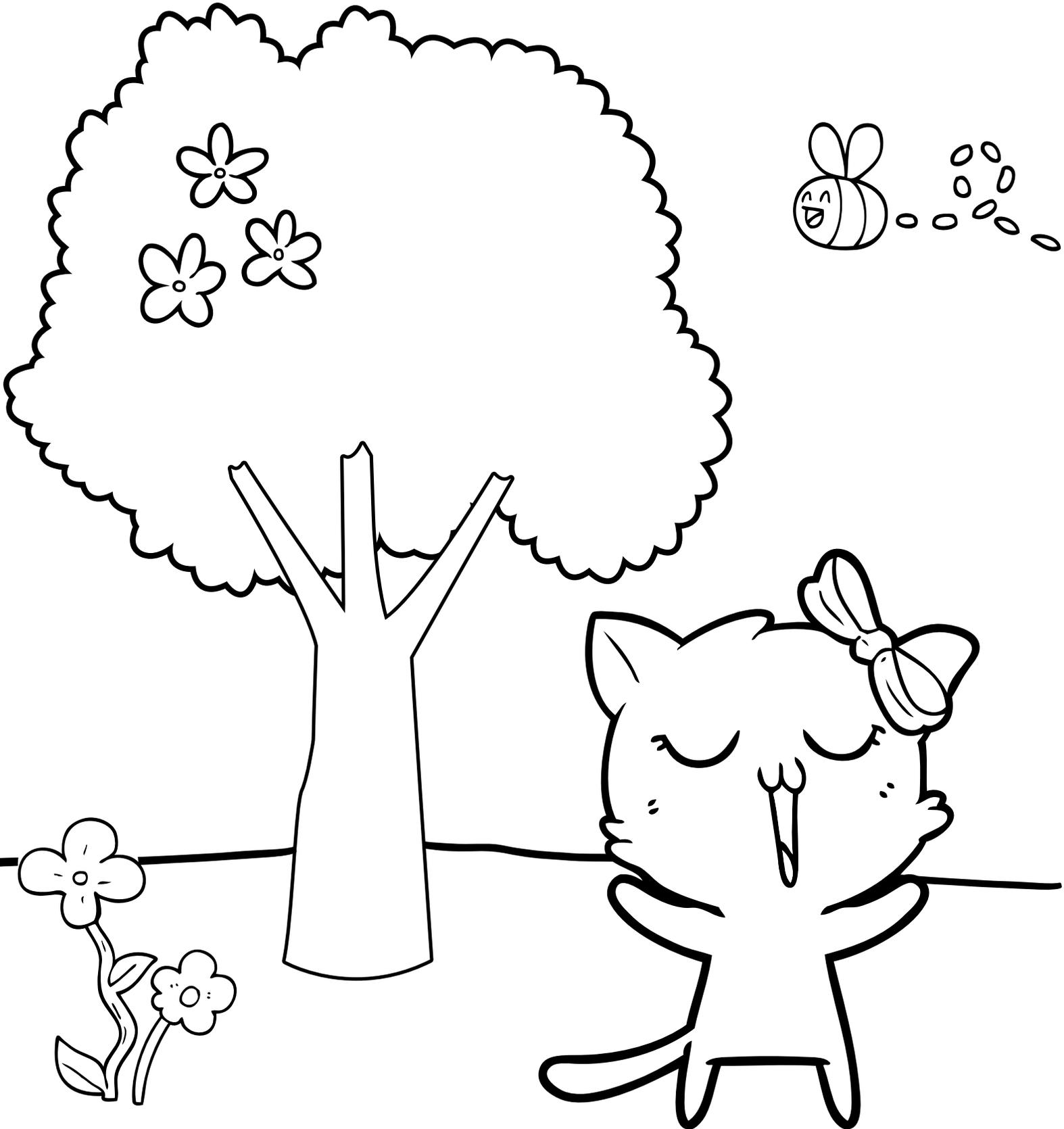
Wiggle your nose.
Jump up and down.
Now touch your toes.
Do the "Piggy Wiggles"!

Music Time

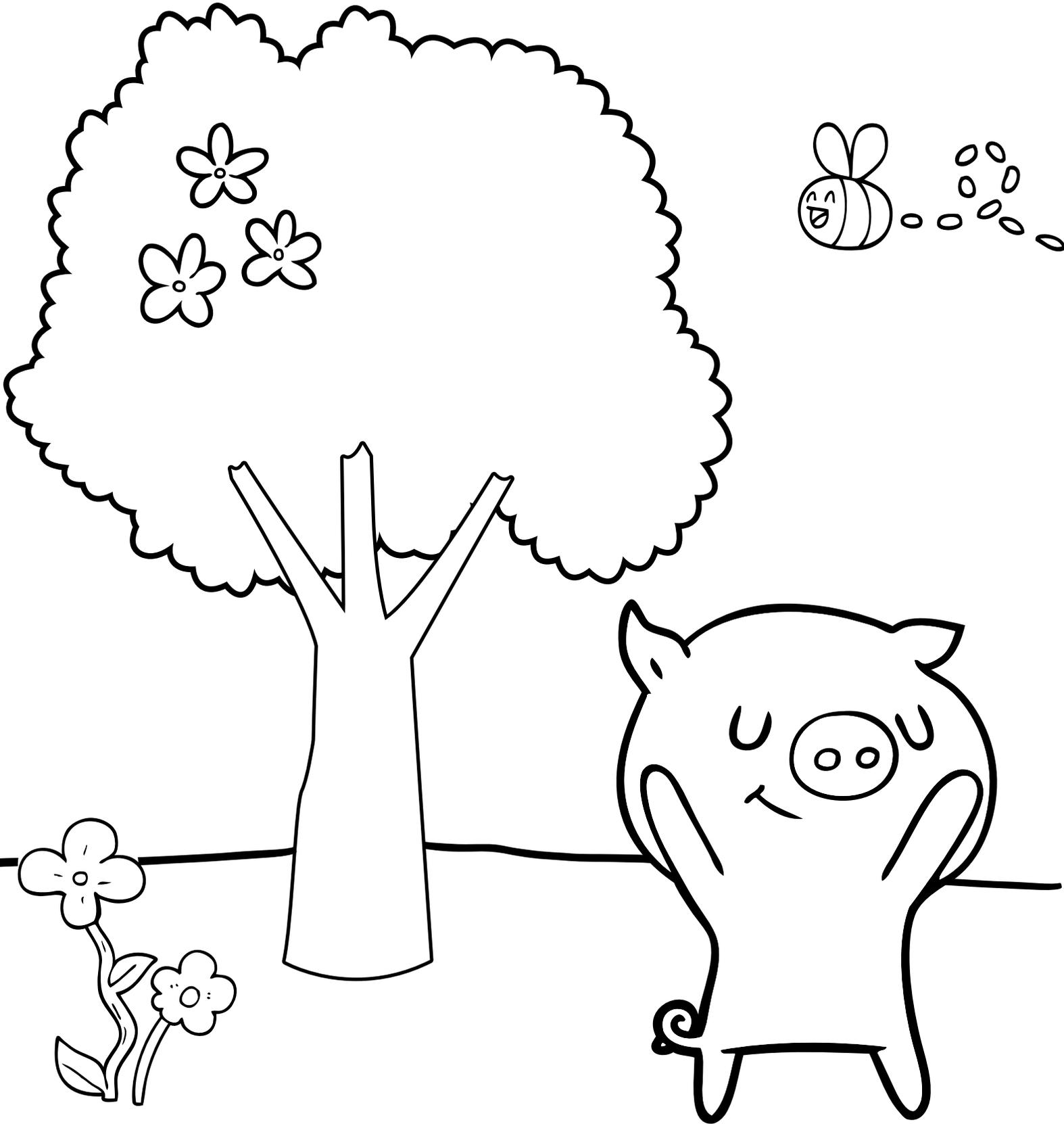


Listen to music or
make your own!

Be like a tree.



Be like a tree.



Be like a tree.



Tools for an Emotional Toolbox

Some days can be harder than others. Children can feel overwhelmed, sad, or even scared when they are faced with challenging situations. Help your child prepare for those moments by teaching them simple ways to cope with these feelings. Take time to go over the four coping skills listed below with your child to help add to their emotional toolbox.

“Meow” Breathing

Take a deep breath hold for two seconds then when you breathe out, say "Meow" for as long as you can.

Breathing slowly and deeply can calm and relax your child. Practice with your child breathing in slowly through your nose, hold for two seconds, then slowly exhale through your mouth.

Repeat this breathing exercise 3 to 10 times.

Happy Thoughts

Find a quiet spot, get comfy, and imagine places or things that make you happy.

Help your child practice visualizing by learning more about their favorite places and things. Ask your child about their favorite place. Engage their senses by having them tell you what they see, hear, smell, and feel in this imaginary place. The more details they use, the better.

Piggy Wiggles

Wiggle your nose.

Jump up and down.

Now touch your toes.

Do the "Piggy Wiggles"!

Exercise can help your child use up any extra energy and have fun. It releases endorphins and helps boost their mood.

Music Time

Listen to music or make your own!

Soothing music can help relax your child and calm down. Upbeat music energizes your child and releases endorphins. Let your child decide what they would like to listen to and keep a variety of both soothing and upbeat music on their playlist.

Be like a tree.

A tree has roots that flow deep into the earth. Some forests are so old that the tree roots weave together to hold them all in place. When stressed or upset your child can be like a tree and connect to the ground. Get grounded by taking in a big breath through the nose and slowly letting it out through the mouth. Say, “I am as tall as a tree. My feet are like roots on the ground. My back is straight like the trunk of a tree. My arms are like branches that I can stretch to the sky. When I wiggle my fingers, they are like leaves in the wind. My head is the canopy of the tree. I can see all around me. I can be like a tree.”