

# THE *Counseling* CONNECTION

## St. Hilary School

Mrs. Eldred and Mrs. Parisi

### Helping Children Calm Down

Taking a deep breath, counting to 10, closing our eyes... all of these are tried-and-true strategies for calming our bodies when emotions feel too big. When children experience strong emotions such as fear, sadness, or a sense of being overwhelmed, it is important to help them manage those feelings and use calm-down strategies when necessary.

Even on the most routine of days, it is certainly appropriate to need to use calm-down strategies. But now, with so many families experiencing a day-to-day reality that has been flipped on its head, it is likely that strong emotions are even more present in your home—for your child and for you!

It's a good idea to practice calm-down strategies regularly with young children and to do so when they are not currently experiencing strong emotions. When you invite your child to join you in taking a few deep breaths in through your nose and out through your mouth while playing in the bathtub or cuddled up to read a story together, you are helping your child be able to readily access this strategy when they are feeling overwhelmed, angry, or frustrated.

Even more impactful in the long run than helping children learn how to manage strong feelings is helping them recognize when they are *starting* to feel overwhelmed or frustrated and that they can take some time to calm their bodies down and feel more comfortable.

## September's Focus:

### Calming Strategies

<https://teachingstrategies.com/blog/3-strategies-calming-emotions/>



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## Alternatives to the Phrase *'calm down'*

I see that you are having a difficult time, let me help you.

**Take a deep breath.**

That can be so frustrating, let's figure this out together.

*I see that you are so mad, how does that feel in your body?*

**Count to 10.**

**How about a big hug.**

Let's take a minute by ourselves to calm our anger.

*Your face is red, try taking a breath to help your heart slow down.*

**Let's focus on fixing the problem together.**

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