

WHAT HELPS YOU FEEL CALM?

We all have different things that help us feel better when we're stressed out. For kids especially, it can help to have a visual reminder of things to do when life feels out of control.

Have each family member fill in their box of "Things That Help Me Feel Calm". (Either print out the following page or use it as a guide.) First, write your name in the box. Then, using words, drawings, or cut-out pictures, decorate your box with things that have worked in the past to help you calm down, as well as some new ideas from our Creating Calm Together program. If you've created a Calming Corner, display your page there.

Anytime you're feeling stressed, take a few breaths and then ask yourself what you need in this moment. Refer to your Calm List and help your body complete the stress cycle.

Remember that our kids look to us to know how to be in the world. They do what they see us doing, so it's up to us to model for them how to recognize and respond to stress appropriately. This is a great way to show kids that we all deal with difficult feelings and could all use a reminder of what to do to help ourselves feel better!



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LEGS UP THE WALL



Legs Up the Wall is a relaxing pose, perfect for bedtime. To come into the pose, sit on a mat or blanket with one hip against a wall. Lie down on your back as you swing your legs up to rest against the wall. Knees can be bent slightly, or legs straight. Put a pillow or blanket under your hips if that feels better. Close your eyes partially or all the way, and stay here for as long as you like. To come out of the pose, slide your feet down the wall and roll over onto one side, then slowly sit back up. This pose can also be done with knees bent, lower legs resting on a chair.

Try this pose before bed to settle the mind and body.