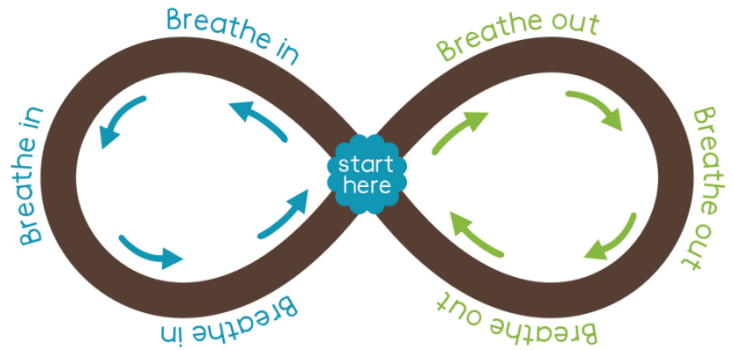


REGULATION-OLDER KIDS

Teach your child ways to help their body calm down such as belly breathing (breathe in like you are smelling flowers and breathe out like you are blowing out a birthday candle) or guided imagery (the use of words, music or images to evoke positive imagery scenarios).

Lazy 8 Breathing

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.



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1 TOUCH

warm or fuzzy blankets, weighted blankets, soft socks, putting lotion on, washing your hands with cold water

2 SMELL

essential oils on your pillow, great smelling soap, breathing in fresh air outside

3 TASTE

chewing on ice, eating a hard candy

4 HEAR

calming music, white noise, sound of waves crashing

5 senses

5 SEE

Pictures of a loved one or calming scenery