

ACTIVITY

OUR BRAIN BOOK



CREATE A CALM DOWN SPOT FOR CAREGIVERS

FIND A SPOT

Find a spot that is quiet and not too busy. It could be a corner in a room, or it could be an area in their own bedroom. Figure out what's going to work best for you and your family.



MARK THE SPOT AND MAKE IT COZY

Start with creating a way to delineate the space. Here are a few ideas:

- a child's tent
- rod with a curtain
- hang a hook from the ceiling and attach a canopy
- lay out a blanket or mat

Next, focus on making the space cozy. Add some pillows or extra blankets, and a few stuffed animals in there.





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EXPLAIN AND PRACTICE

Your child will need an explanation of what a calm down spot is and how to use it. Show them where the spot is and explain to them that this is a place they can go when they need a break or need to calm down when they get upset or frustrated.

Let them add in their own specific items like a special blanket or a special stuffy. You want them to feel as cozy and comfortable as possible in this space.

When they are in a calm frame of mind, have them go into the spot and show how it looks and feels. It's always best to practice using these strategies before a crisis arises.





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ADD SOME CALMING TOOLS

Create a calm down toolbox for your child to use in times of stress and frustration. Get a box or basket, and put in items that will calm them. Some common items that help are stress balls, play dough, a book they like, or a toy that they enjoy playing with quietly.

Make coping skills cue cards (**see kids toolbox**) so that your child can have a visual reminder of what calms and relaxes them. Include that in the box too.





TAKE A BREAK TOOLBOX

A coping skills toolbox is an actual physical container that houses items kids can use to help calm down and express their emotions in healthy ways. There are a ton of strategies your child can use to calm down, and having a toolbox is one way to keep several of these tools readily available to use. Below you will find take a break cue cards and mindfulness coloring pages that can be placed easily in calm down spot.

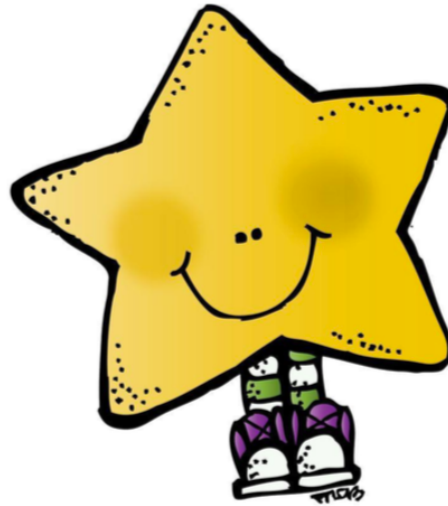
The cue cards are a visual reminder for children on how to cope so they can practice those skills when in their calm down spot. The purpose of mindful coloring is to have children pay attention to applying color and design to help bring awareness to the present moment without allowing other thoughts, worries, or fears penetrate the mind. Mindful coloring focuses the mind on a simple, relaxing activity which helps inspire creativity while reducing stress. Simply add print, read, color, cutout, and place in new calm down spot for use when child needs time to cope or take a break.

You can download all the calm down tools and strategies to place in calm down spot in the kids calm down toolkit packet



TAKE A BREAK TOOLBOX

The Safe Place



When would I go to the Safe Place?









TAKE A BREAK TOOLBOX

What do I do when I am in the Safe Place?



1. I Calm



 S.T.A.R.	 Pretzel
 Drain	 Balloon



TAKE A BREAK TOOLBOX

2. I Feel

Name your feeling...

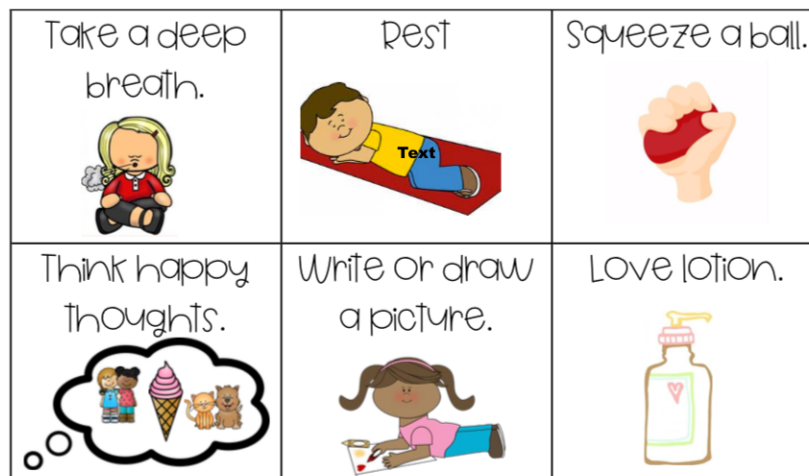
Say

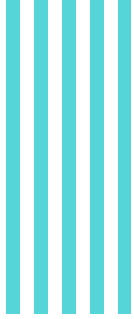
"I feel _____."



3. I Choose

Pick a choice that would make you feel better.



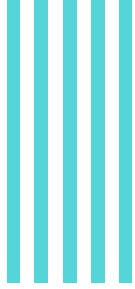


TAKE A BREAK TOOLBOX

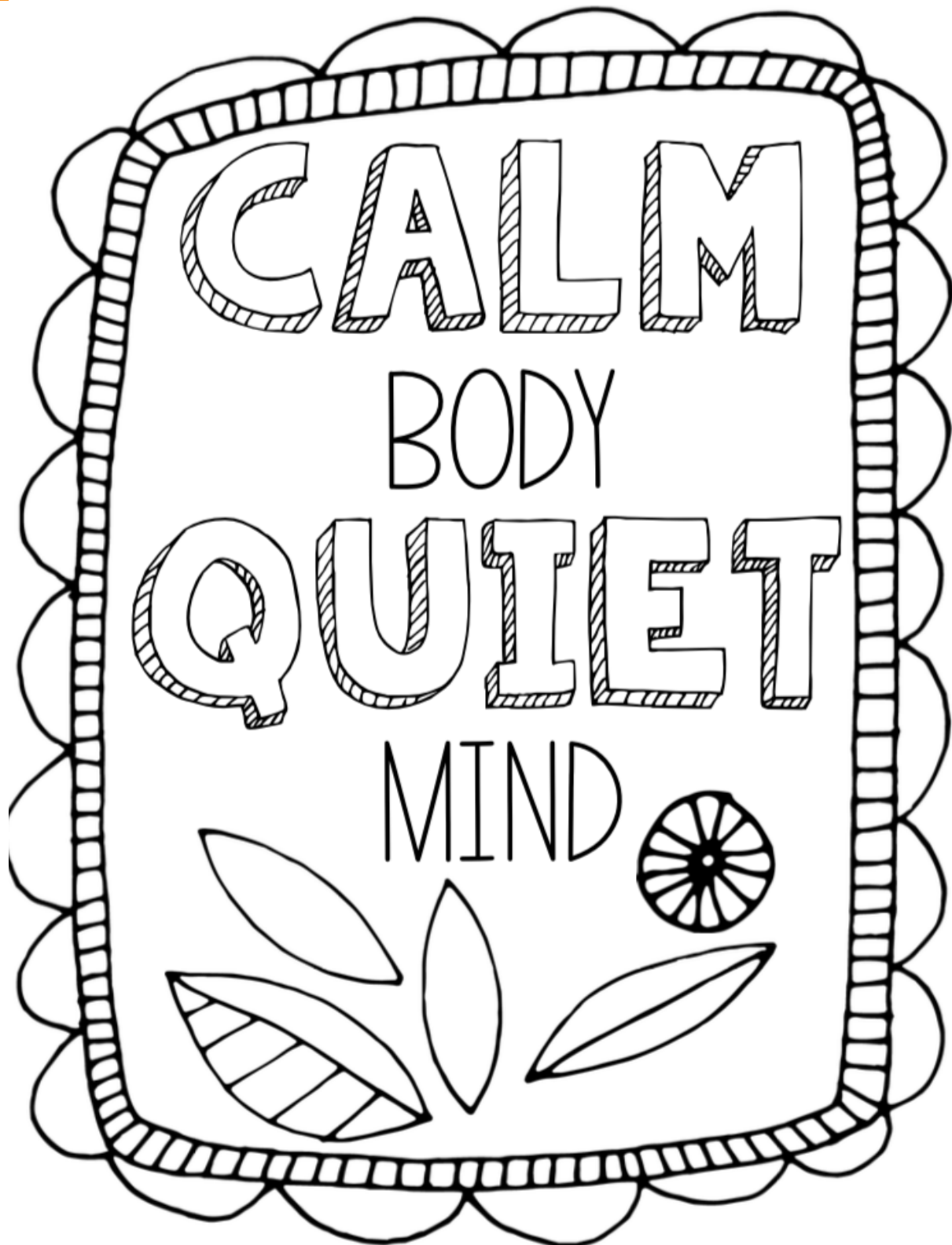


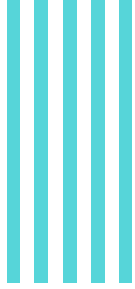
YOU did it!

Now you are ready to join
your school family again!



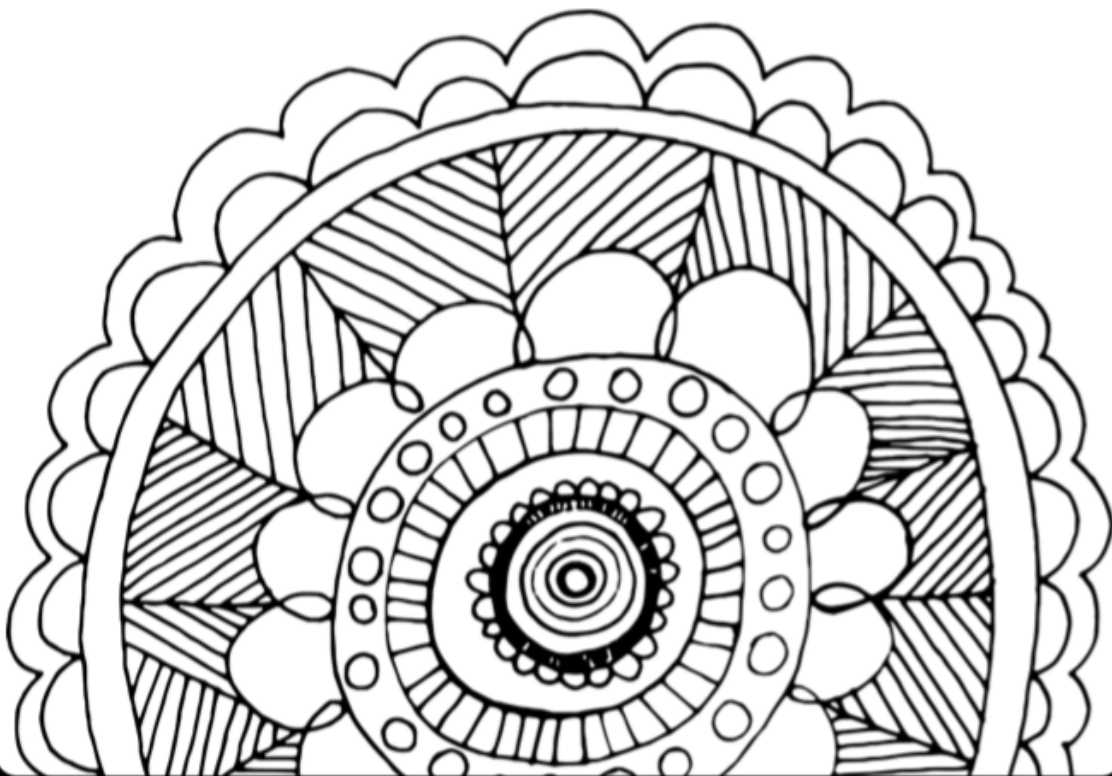
MINDFULNESS COLORING PAGES

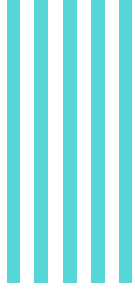




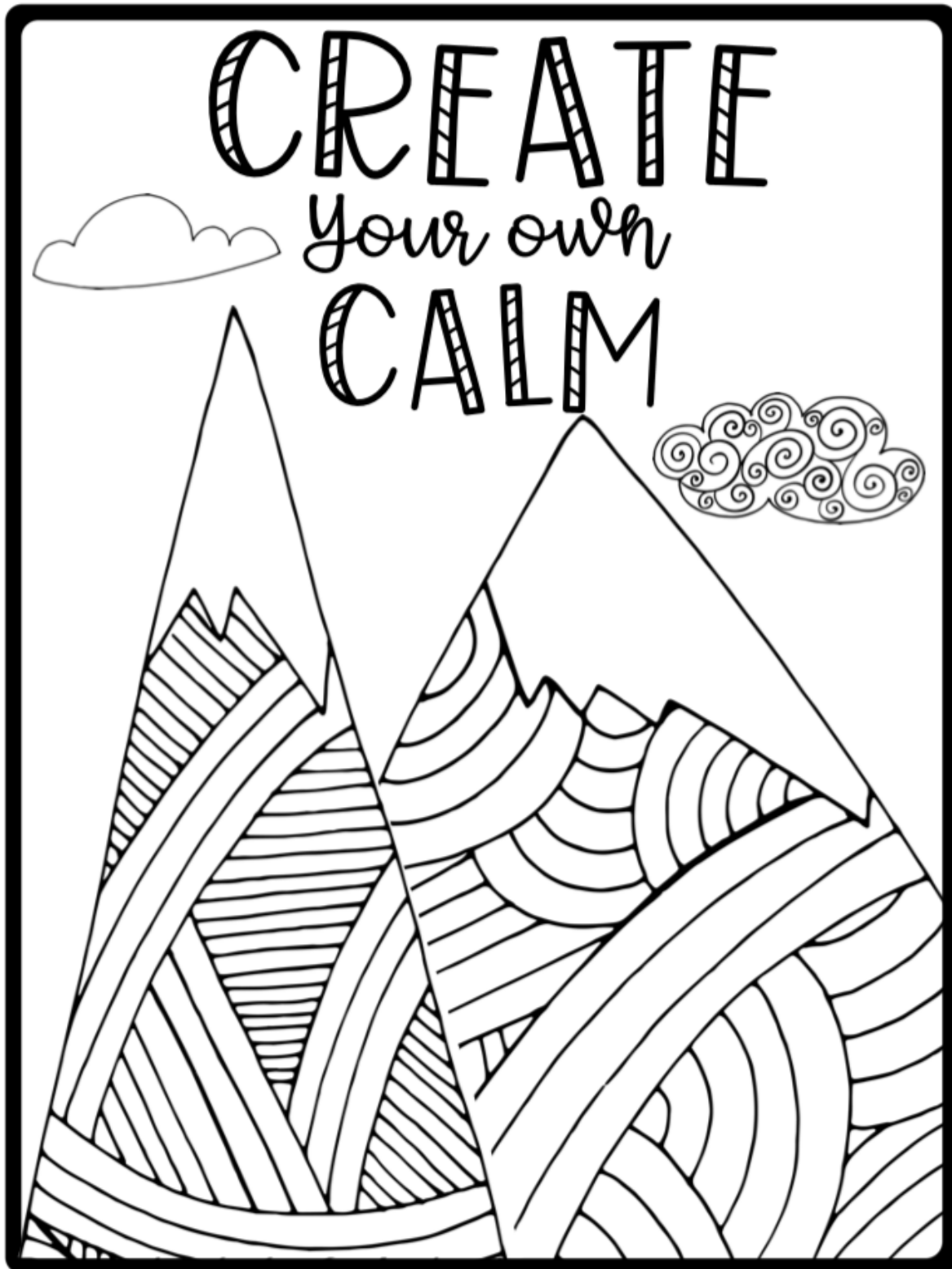
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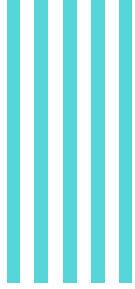
JUST
BREATHE





MINDFULNESS COLORING PAGES





MINDFULNESS COLORING PAGES

