

# Finding Calm

TIPS FOR KIDS AND GROWN UPS TOO! 

Kids feel all sorts of things, just like adults. But they are still learning the skills they need to manage those feelings. Here are some easy ways you and your child can learn to stay in control when emotions are strong. These tips are good for everyone, no matter how old you are!

## **Talk about their feelings**

Ask your child how they feel and give them words to describe it. Saying what's bothering them out loud can make things seem a bit less scary.

## **Practice belly breathing**

Show your child how to take long, deep breaths, making their belly go in and out. This can help slow everything down when feelings are too much.