



**What Is My Child Learning?**

Your child is learning to manage strong feelings by saying stop, naming the feeling, and using different Ways to Calm Down.

**Why Is It Important?**

When strong feelings are under control, children are better able to think clearly and pay attention.

**Ask your child: What are the steps for calming down strong feelings?** (See “Read Together,” below.)

**Read Together**

When you feel strong feelings, you can use these steps to help you calm down:

1. Stop—use your signal
2. Name your feeling
3. Calm down:
  - Breathe
  - Count
  - Use positive self-talk

**How to Belly Breathe**

- Focus your attention on your breathing.
- Take a breath that makes your tummy move out when you breathe in, and in when you breathe out.
- Breathe in slowly through your nose and out slowly through your mouth. It should be so quiet that you can hardly hear it.

**Practice Together: Belly Breathing Basics**

1. Read “How to Belly Breathe” (above right).
2. Practice together.
3. Pick a feeling from the list below.
4. Think of a time you felt that feeling in a strong way.
5. Say a stop signal and name the feeling.  
(For example: “Chill! I feel worried.”)
6. Do some belly breathing to calm down.
7. Try another feeling.



*annoyed*

**FRUSTRATED**

*discouraged*

**SCARED**

**WORRIED**

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)