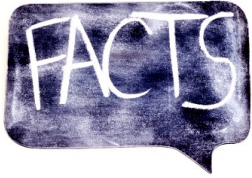




# AIM: CALMING DOWN

**OUR TARGET:** We're trying to pay more attention to our kids' energy levels to make sure they are calm in public places where they need to be calm. We will also look at calming down after getting hurt. Let's take a deep breath and get started!



Light green and blue have been proven to calm and soothe.

Deep breaths have a calming effect on us.

Pain tries to protect our bodies from injury. It tells us to stop and pay attention to the part that hurts.

Slow, quiet classical music can slow the heart rate and decrease the level of stress hormones.

Targeting More Meaningful Parental Involvement

Leaps Correlations:  
Calming Down: Transitions & Calming Down When I am Hurt For Beginners

**TEAM UP!** Try these simple ideas to help your child want to talk.

Find a time when your kids are calm at home and then you make a scene. Run into the room and start jumping up and down, yelling, waving your arms and just going nuts. Really make your kids look at you funny. Once you have their attention, stop and ask them if they would like for you to act like that around them in public. Let them know that there are times and places to be excited but then you have to settle down and be calm in other places.

**TALKING TIPS** to help you sit down and start the conversation...

**THINK...** of a time when you were without your kids in public, like at a restaurant or grocery store, and you saw kids acting wild, loud and crazy. It is rude to the people around them trying to enjoy themselves or just trying to get things done.

**NOW THINK:** Have these kids ever been *your* kids?

**PAIN:** All kids are going to get hurt, but the way they react should let you know how bad the pain is... not how much attention they want. A splinter should not cause a crying fit or emotional meltdown. Let your kids know that they can be brave enough to calm down. Tell them you know they are strong and you believe that they can control the tears. They have to be calm so you can find out what hurts and how to make it better.

**CHANGING GEARS:** Going from the park or a fun birthday party to a quieter place like home or Grandma's house means that calming down has to happen. When you are going from an exciting place to a calm place, ask your kids to be totally silent for 2 minutes and taking long deep breaths. Do this with them. If you want to make a game out of it, see who can stay quiet the longest. Do this frequently between places and your kids will get in a very good habit of calming down.

**BE IN CHARGE:** You have to know and pay attention to the right amount of energy or noise that's okay wherever you go with your kids. If you don't help your kids to calm down no one will. Your kids will be the rude kids and you will be the parent everyone wishes would make it stop. If you're not sure, look around. If people are staring or leaving you should take the hint and help your kids to settle down. Again, try to take 2 full minutes of silent deep breaths to begin.

# AIM: CALMING DOWN



**DECISION TIME:** It is time for you and your child to CHOOSE to be good friends and neighbors by acting calmly in places around town where it is expected. Also, it is time to start recognizing that while it's ok to be hurt, there is no reason to feel embarrassed and lose control of yourself by crying too much or too long. Letting a tiny amount of pain take over is not the way to be brave. Choose to help each other stay calm and fix what actually hurts. If your child acts out-of-control in pain by something small all the time, you (and everyone else) won't know when they are really in need of serious help.

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[selfschools.com](http://selfschools.com)

**GIVE IT A TRY!** A chance to practice the target skills together at home:



## DANCE PARTY & STORY TIME

Before you can calm down, you have to be excited... so let your kids know that you're going to practice calming down by having a dance party! Find some fun music that you can all dance around to, then set a time limit. Call it 5-10 minutes, and set a timer to keep track. When the timer goes off, it is time to start calming down. Take this chance to be silent for 2 full minutes and all breathe deeply together. Use this time to move from where you were dancing to where you will have a quiet story time.

Since we're trying to give the kids a better idea of what calming down is, and how to keep control and be honest when we react, one of the best stories to tell is:

### "THE SHEPHERD BOY AND THE WOLF"

**A** Shepherd Boy took care of his master's Sheep near a dark forest not far from the village. Soon he got bored. All he could do was to talk to his dog or play on his shepherd's pipe. One day, he sat watching the Sheep and the quiet forest, and thinking what he would do if he ever saw a Wolf. Then, he made up a plan. His Master had told him to call for help if a Wolf ever attacked the sheep, and the people of the village would drive it away. So now, even though the boy had not seen anything that even looked like a Wolf, he ran toward the village shouting at the top of his voice, "Wolf! Wolf!" As he had hoped, the Villagers who heard the boy's yell dropped their work and ran to the pasture right away to help. But when they got there they saw the Boy rolling on the ground with laughter at the trick he had played on them. A few days later, the Shepherd Boy again shouted, "Wolf! Wolf!" Again the people in the village ran to help him, only to be laughed at again. Then, one evening as the sun was setting behind the forest and the shadows were creeping out over the pasture, a Wolf really did spring from deep in the forest to get the Sheep. Very afraid, the Boy ran toward the village shouting "Wolf! Wolf!" The people in the village heard the cry, but they did not run to help him like they had before. "He won't trick us again," they said. The Wolf killed a great many of the Boy's sheep and then ran away into the forest.



## Stay On Target

Tips to help keep your child's new skills in action at home and school.

- Look at all the papers coming home from school. If your child is acting up in class, let them know the classroom is a place to be calm. Talk to their teachers, too.
- Be the same every time. If your kids get wild in a place they shouldn't and you don't stop them, they will think it's okay to act that way.
- Get to your child as soon as you can when they are acting hurt to calmly talk about what hurts and if all the tears really make sense.

*Let your kids know to only react big when something big has actually happened.*