

Calming Moments

Feeling overwhelmed can be scary and confusing for all of us. But there are lots of things we can do to help manage these feelings.

The easiest way is to find a quiet space and take some long deep breaths. As you breathe in, repeat Kathy's "Five Things" calming idea from Sarah's Sleepover.

**I'm safe and okay,
Let me count 5 things,
I can see, smell
and hear today...**

Grounding Ourselves

By focusing on the world around us, we can gently shift our attention away from overwhelming thoughts and become more present in our bodies. Once we are more present we can then begin to regulate and calm.

Kathy's Five things' is a really easy strategy and can be used with younger children. Children are generally open to suggestions and eager to try new things.

For younger child you can always focus on a favourite thing e.g Can you see 5 red cars. Or can you hear bird animal sounds.

It is important to note that when supporting a child using this strategy, that the adult remains calm and regulated also. Because as we know children will always borrow our calm before finding their own.

A great time to use this might be:

- Just before bedtime
- Sitting in the car before drop off
- Before a big or new event
- Sleepovers or playdates
- Medical or dental appointments and many more.

