



COFFEE CHAT #2- REGULATING EMOTIONS: FACILITATION GUIDE AND ACTIVITY DETAILS



CREATE A GLITTER JAR

Glitter jars are a useful mindfulness tool that children can use in a 'calm down area' to help them regain a state of calm. Watching the glitter swirl to the bottom of the jar gives kids time to focus on taking some deep breaths and regain control.

There is an example of a Glitter Jar in your Kit Box; you can replicate one of these using the Handout on how to make one or you can choose your own style.

You can also suggest that parents model ways to use the jar with their child. They could simply watch and wait for the glitter to fall or it could also be used as a timer (once all of the glitter has fallen, you can choose a book to read, etc.).

CALM DOWN AREA SET-UP

Have a calm down area set up in your space to give parents an example of what this could look like in their own home. Have a beanbag chair or comfortable cushion tucked in a corner with some copies of the "Calm Down Strategies" & "Tucker the Turtle" posters on the wall. Include a small bin with some calming toys (stuffed animals, fidget toys, glitter jar) and books.



SELF-REGULATION SKILLS

There are lots of great ways to help a child learn to regulate their emotions. *In your Kit Box, you will find a poster called Take a Deep Breath.* You can show this to parents and also model how this strategy can be taught to a child using a *small pinwheel and flower (samples of these can also be found in your Kit Box).*

Pictures of each could also be used if the real items aren't on hand.

Another nice strategy is to encourage the individual to lie down on his or her back and place a stuffed animal on their tummy. They can then watch the stuffy rise and fall with each deep breath they take, in and out. A small stuffed animal can be found in your Kit Box as well.

Note that these strategies are to be done preventatively, BEFORE behaviour escalates.

SHARE HANDOUTS

Make copies of the handouts included in your Kit Box. These include Help Us Calm Down- Strategies for Children, Taking a Break- Using a Calm Down Area at Home Calm Down & Tucker the Turtle Posters



REGULATING EMOTIONS

DISCUSSION POINTS

For this coffee chat we will talk about helping your child learn strategies they can use when they need help to calm down.

Having calming strategies to use when emotions are escalating can help prevent meltdowns & tantrums.

DATE AND PLACE

Join us at the daycare

ACTIVITIES



Calm Down Glitter Jar

Create your own glitter jar to take home and use in your child's calm down area



Tucker the Turtle Book

Make a copy of the Tucker the Turtle story to share with your child.

◆ COFFEE CHAT #2- MATERIALS LIST



COFFEE CHAT #2 MATERIALS LIST

MATERIALS NEEDED

- **Printed copies of invitation to distribute to guests**
- **Glitter Jar**- Empty water bottles, clear glue & glitter (see instructions page included in Kit Box)
- **Calm Down Area Set-Up**- Consider having a comfy chair tucked in a corner to show parents what an area like this could look like. Pin up laminated Tucker the Turtle and Calm Down strategy posters. Have a few calming books, stuffed animals and toys available such as glitter jar or fidgets.
- **Model Self-Regulation Strategies**- In your Kit Box you will find a flower and a pinwheel which can be used to demonstrate the breathing technique shown on one of your handouts. Let parents know that they can improvise using what they have at home; even pictures of the items can work in a pinch. You can also model belly breathing by placing a stuffy on your tummy and watching it rise & fall.
- **Printed copies of all handouts**



Taking a Break: Using a Calm Down Area at Home



A calm down area provides a child a place to calm down and take a break. It is one strategy that might be used when children are feeling anxious, stressed, or overwhelmed. Families can help children learn how to take a break from activities or interactions that are challenging to them. Just like adults, young children might react to stress, frustration, and disappointment by becoming angry, shouting, refusing help from adults, or engaging in other challenging behaviors. Adults might use helpful strategies such as self-talk, deep breathing, or taking a break when they are feeling the need to take a break and calm down. The calm down area provides children with a place to let go of strong emotions and begin to feel calm and ready to engage with others again.

Getting Started

The calm down area or calm down spot does not need to require a lot of space. It might be a chair that your child prefers, a group of toys that you child likes that are in a bedroom, or an area where you place a basket of calming toys. The only requirement is that it is an area that is quiet, away from interactions with others, and soothing for the child.

When you create your calm down area, think of things that your child already uses to calm down. They might be stuffed animals, a favorite pillow, a puzzle, squishy toys, or books. Put those in the calm down spot.

Show your child that you have created a calm down area and let your child know that they can use the area when they need to “feel better”. You might explain to your child that sometimes you go to a calm down spot that helps you feel better (e.g., “When I am feeling frustrated with my work, sometimes I lay down on the couch.”).

Encourage your child to play with what you have put in the spot. You might add a visual that helps the child take deep breaths ([link](#)) or a social story like “Tucker the Turtle ...” ([link](#)) that might help your child calm down. Encourage your child to get familiar with the calm down area when they are calm. This will give them a chance to explore the items in the calm down area and figure out what is most soothing and calming.

When you think your child might benefit from the calm down area, remind your child that they can go to the calm down area to feel better or guide your child to it (e.g., “I am going to help you go to your calm down spot so you can feel better.”).



Tips for Using

▶ **The calm down area is not used for punishment.**

Do not “send” your child there or use the calm down area as a punishing consequence (e.g., “If you don’t calm down, you will need to go to the calm down spot.”). Your instructions to your child about the use of the calm down area should be supportive (e.g., “It sounds like you are feeling really frustrated right now. I can help you go the calm down spot so that you can feel better.”).



- ▶ **Help children use the calm down area BEFORE they experience a meltdown or tantrum.** Try to notice when your child is nearing frustration or starting to get overwhelmed and redirect them to the calm down area. Look for signs like whining, crying, or other behaviors that happen before your child experiences very strong emotions to help you know when the calm down area might help them feel better.



- ▶ **While your child is in the calm down area, try to limit interactions and distractions.** Help siblings and other family members understand that they should not interact with your child when they are using the calm down area.



- ▶ **Check-in with your child once they are calm.** Provide feedback and positive attention to your child for using the calm down area (e.g., “I noticed you read a book in the calm down corner. It looks like reading a book helped you feel better.”).



- ▶ **Once your child is calm, discuss their emotions.** Help them compare how they might have felt before and after using the calm down area (e.g., “Before you went to the calm down area you were crying and very sad. How do you feel now?”).



Help Us Calm Down

Strategies for Children

Try these strategies with your child! The more you use a calming strategy and practice the strategy with your child, the more likely they are to use the strategy when experiencing anger, stress, sadness, or frustration.

I can...



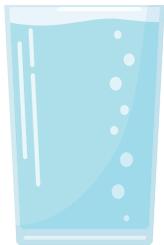
take deep breaths



count



go for a walk



take a drink



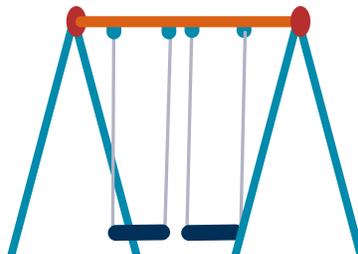
take a break



listen to music



draw a picture



swing



rock



read a book

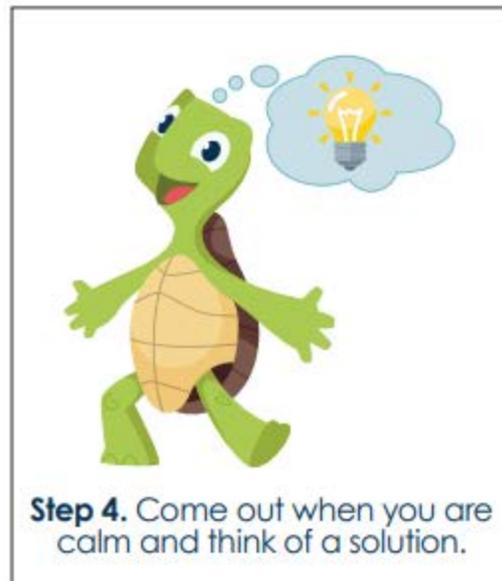


hug a favorite toy



do a puzzle

NCPMI **The Turtle Technique**



Take a Deep Breath

Smell the flower



Blow the pinwheel



Help Us Stay Calm

Strategies that help you and your child during challenging behavior

Stay Calm | Reflect | Re-Connect

When your child is engaged in challenging behavior or experiencing anger, stress, sadness or frustration, it is important to stay calm. If you express your anger and frustration, it might result in more challenging behavior from your child. Remaining calm will provide the safety and support your child needs as they learn how to calm themselves.

Step 1: Calm Yourself



Count until calm



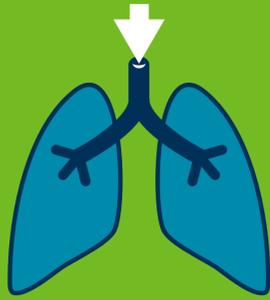
Connect with a friend



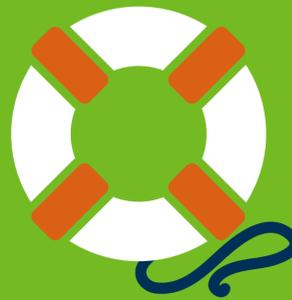
Think something positive or fun about your child



Drink some water;
Have a snack

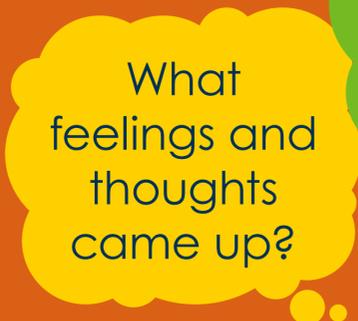


Take deep breaths



Ask for help

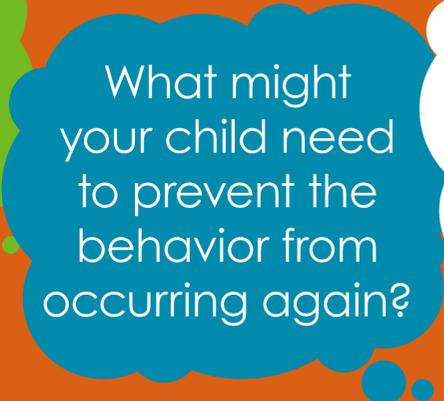
Step 2: Reflect



What feelings and thoughts came up?



How do you think your child is feeling?



What might your child need to prevent the behavior from occurring again?



Are you calm enough to re-connect with your child?

Step 3: Re-Connect

When you re-connect, you can help your child learn new skills. Once you feel calm, and your child appears calm, here are a few tips.



Make sure your child is calm



Acknowledge feelings



Offer choice



Redirect to a new activity



Talk and play with your child

More family resources at ChallengingBehavior.org/Implementation/Family.html



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Tucker Turtle Takes Time to Tuck and Think

A scripted story to assist with
teaching the “Turtle Technique”

By Rochelle Lentini, Lindsay N. Giroux
and Mary Louise Hemmeter

ChallengingBehavior.org

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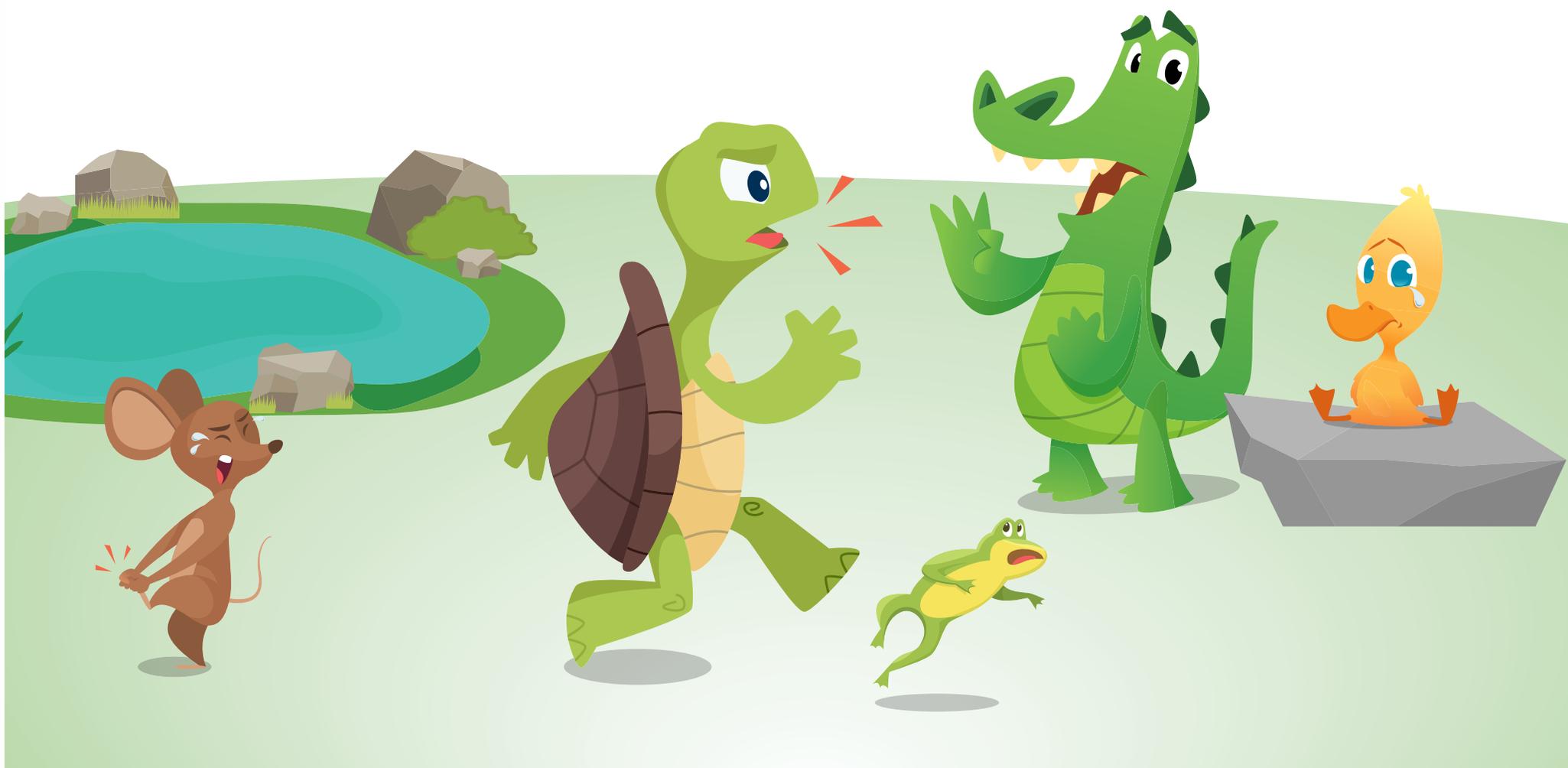
Tucker Turtle is a terrific turtle. He likes to play with his friends at Sunny Stream School.



Sometimes, things happen that make Tucker really mad.



It used to be that when Tucker got mad, he would hit, kick, or yell at his friends. His friends would get sad and scared.



Tucker now knows a new way to stay calm when he gets mad.



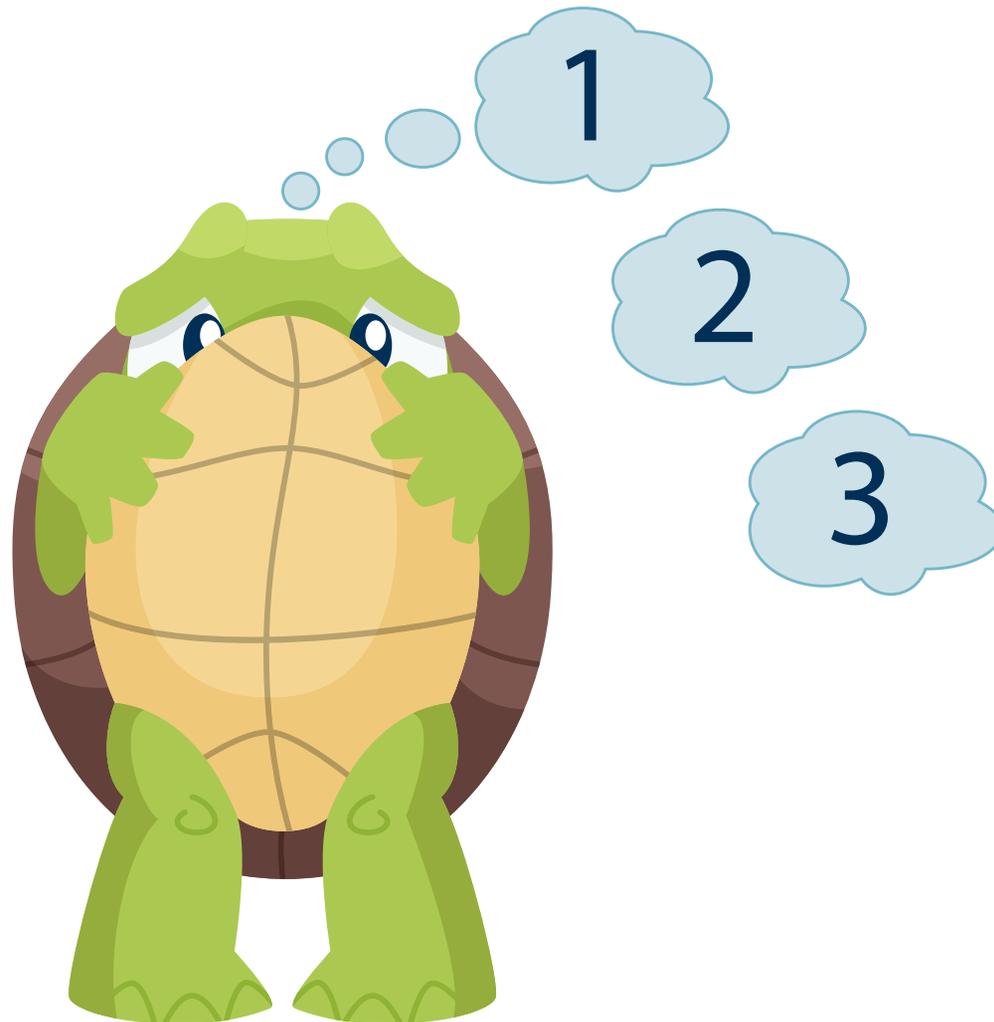
Step 1

He can stop yelling and keep his hands and body to himself!



Step 2

He can tuck inside his shell and take
3 deep breaths to calm down.



Step 3

Tucker can then think of a solution to solve his problem.



Step 4

When Tucker stops and thinks, his body
is calm and feels better.

When he uses gentle touches and kind words
with his friends, they feel happy and safe.



The End!



Teacher Tips on the Turtle Technique

- Model remaining calm.
- Teach the children the steps of how to control feelings and calm down (“think like a turtle”).
 - Step 1: Recognize your feelings.
 - Step 2: Stop your body.
 - Step 3: Tuck inside your “shell” and take 3 deep breaths.
 - Step 4: Come out when you are calm and think of a solution.
- Practice these steps frequently (see cue cards on next 4 pages).
- Prepare for and help children handle possible disappointment or change by reminding them to tuck and think like a turtle when they feel angry or mad.
- Recognize and comment positively when the child stays calm.
- Involve families by giving them ideas for teaching the “Turtle Technique” at home.



Help Children Think of Possible Solutions:

- Ask a teacher
- Ask nicely
- Ignore
- Play together
- Say, “Please stop.”
- Trade a toy or other item.
- Wait and take turns.
- Get a timer.

Scripted Story Tip

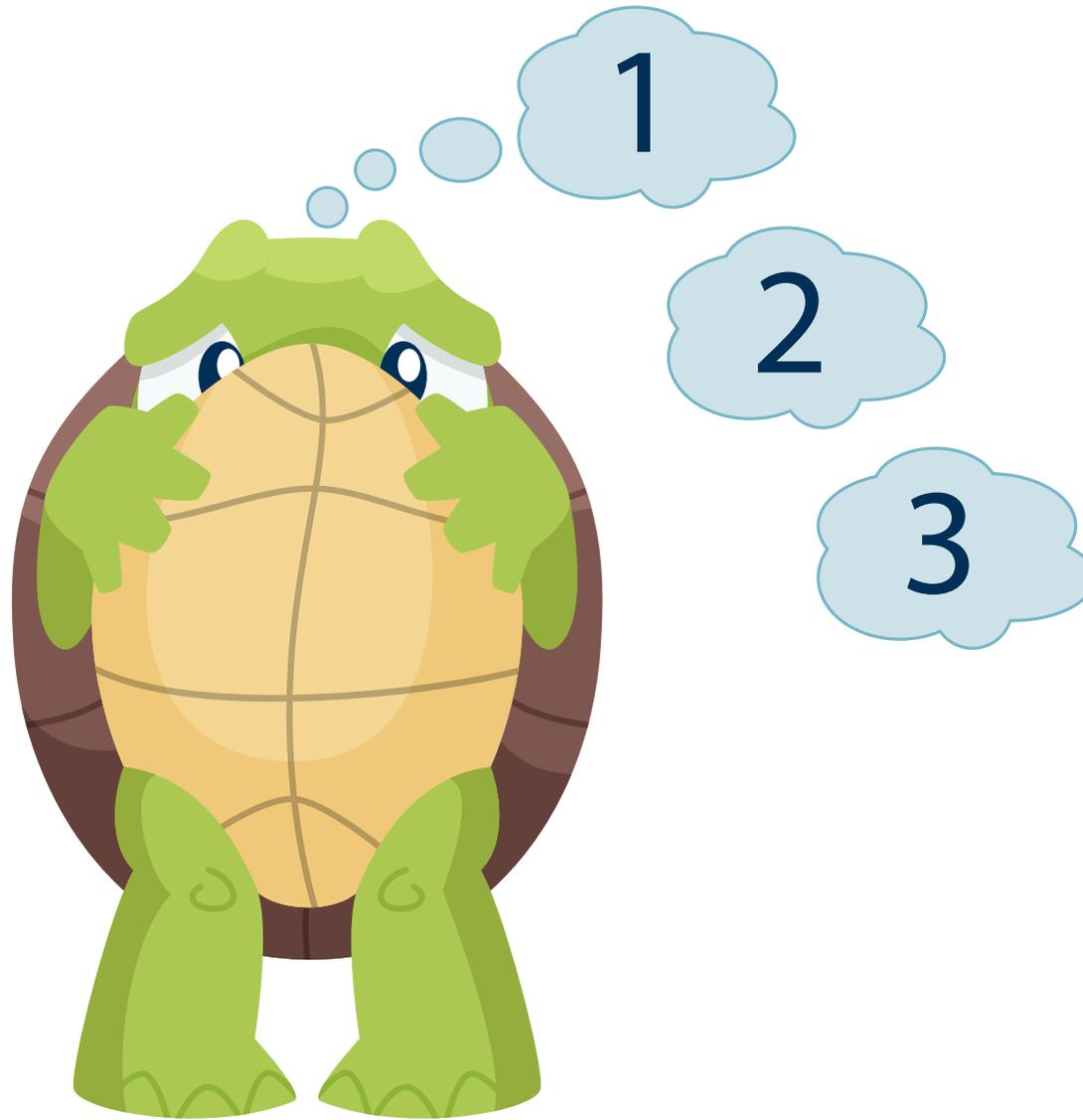
Please note that you can use real photographs with the line drawings for children that need this level of support. For instance, next to the line drawings, you can glue or Velcro a photograph of the class using the ‘turtle technique’. Snap a photo of the children showing how they stop, think, and take three deep breaths.



Step 1. Recognize your feelings.



Step 2. Stop your body.



Step 3. Tuck inside your shell and take three deep breaths.



Step 4. Come out when you are calm and think of a solution.

How a Glitter Jar Can Help Kids Control

Their Feelings

Mindfulness, or the ability to be fully present and aware, is an important skill for children to develop. Here, you can learn how to make a glitter jar to promote mindfulness and calm in your home.



PREP TIME

10 minutes

ACTIVE TIME

10 minutes

TOTAL TIME

20 minutes

DIFFICULTY

Easy

Materials

- Glass or plastic jars with lid (we used a water bottle)
- 1/2 cup glitter glue or clear glue
- Water
- High-temperature hot glue gun (optional)
- 1–2 teaspoons glitter

Instructions

1. Pour 1/2 cup of water into the jar.
2. Pour 1/2 cup of glitter glue or clear glue into the jar.
3. Add 1–2 teaspoons of extra glitter to the jar.
4. Fill up the remainder of the jar with distilled water.
5. If desired, use a hot glue gun to squeeze a ring of glue around the lid of the jar. Press the lid onto the jar and secure with the metal ring.
6. Shake the jar well to distribute the glitter.
7. Your DIY glitter jar is complete!

