

KETU'PITE'MAN? DO YOU WANT TEA?

TEA TALKS- SESSION 2 EMOTIONAL REGULATION

Adapted from Backpack Series – Taking a Break- Using a Calm Down Area at Home (NCPMI, challengingbehavior.org)

Did you know....

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. 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.

The calm down area can be any space 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.

Encourage your child to explore the items in the calm down area. Let them know they can use the area when they need to relax or take a break.

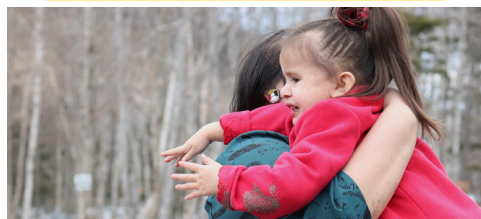


Scan the QR code to hear a reading of this handout



For more information:

nsecdis.ca/tea-talks-session-2-emotional-regulation/



Try This at Home!

A calm down area provides a child a place to calm down and take a break. It can be as simple as a quiet spot with a cushion or soft place to sit.

Help children use the calm down area BEFORE they experience a meltdown or tantrum. Your instructions to your child about the use of the calm down area should be supportive rather than a punishment (e.g., “It sounds like you are feeling really frustrated right now. I can help you go the calm down area so that you can feel better.”).

Reduce talking and interactions while they are calming.

Talk to the 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.”)



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/
kamlamit**



**take a drink/
sam'qwa**



**draw a picture/
napui'kiket**



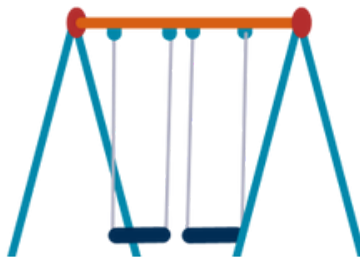
**read a book/
ekiljey**



count/ekiljaqnn



**take a break/
atlasmu'teket**



swing/asuapekiet



**hug a favorite toy/
kekujoqja'toq papitaqn**



**go for a walk/
allikai**



**listen to music/
pipukwaqtmat**



rock/alamiey



**do a puzzle/
nasmisko'teket**

Grounding/melkipukuasin



Drumming/pepkijete'ket



Dancing/Amalkat



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



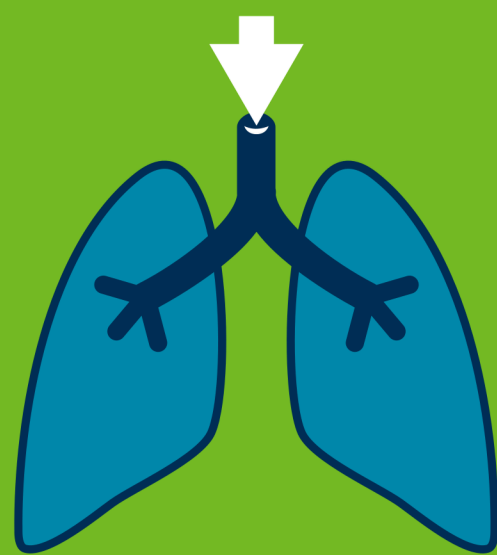
Connect
with a friend



Think some-
thing positive
or fun about
your child



Drink some
water;
Have a snack

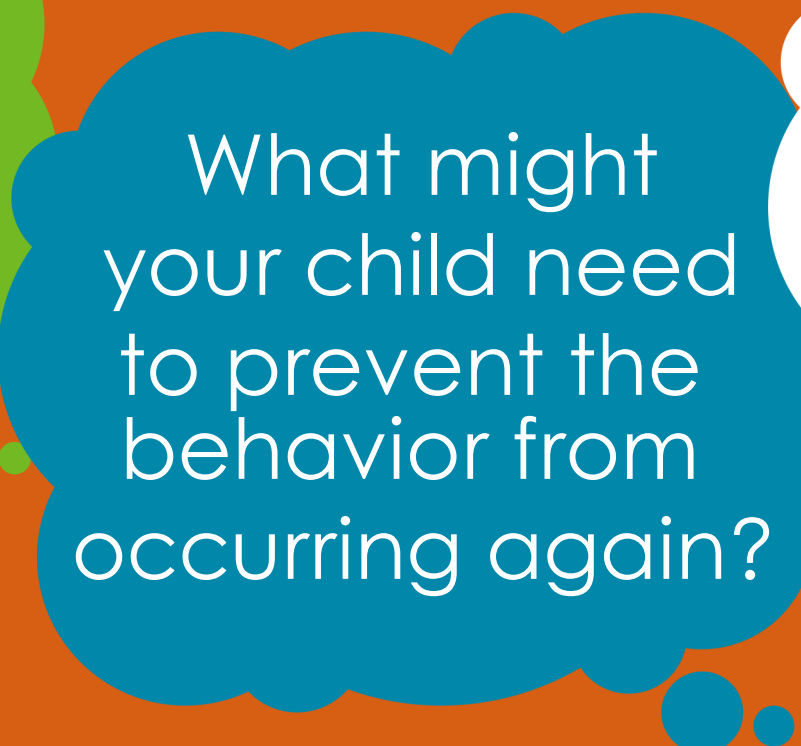
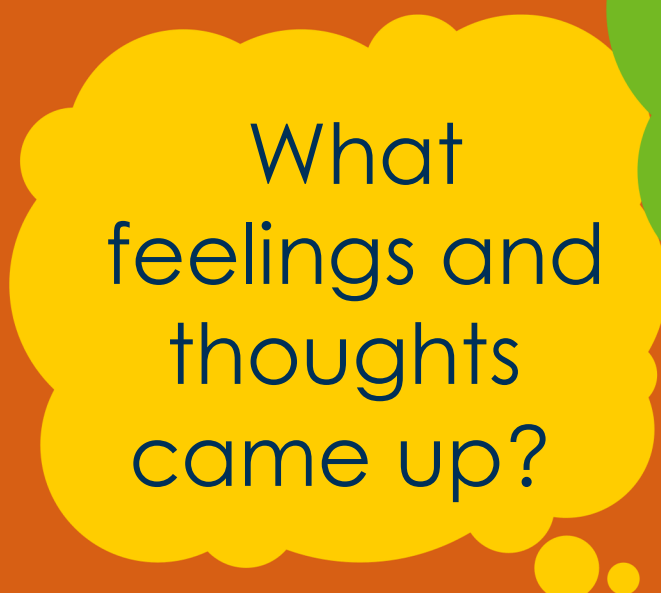


Take deep
breaths



Ask for help

Step 2: Reflect



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.htm



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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!

