

# WELL-BEING NEWSLETTER



## CALMING DOWN A DIS-REGULATED CHILD

### WHAT DO WE MEAN BY THIS?

WE HAVE ALL BEEN THERE, OUR CHILD IS UPSET OR ANGRY AND THEY HAVE NO IDEA OF HOW TO DEAL WITH THOSE BIG EMOTIONS, THE OFTEN DON'T HAVE THE VOCABULARY TO TELL YOU HOW THEY ARE FEELING AND IT ALL COMES OUT AS CRYING, SCREAMING OR EVEN PHYSICAL BEHAVIOUR. BY TEACHING YOUR CHILD A FEW TECHNIQUES TO USE WHEN THEY ARE FEELING THAT WAY IT CAN HELP REDUCE THE UPSET AND CALM THE SITUATION A LOT QUICKER. THESE ARE BEST LEARNT WHILE THE CHILD IS CALM AND RELAXED AND YOU CAN LET THEM KNOW WE ALL USE SOME TECHNIQUES AND ONCE WE LEARN THEM WE CAN USE THEM WHEN WE ARE UPSET OR ANGRY.

### WHAT DO YOU DO YOURSELF TO CALM DOWN? DO YOU PRACTICE MINDFULNESS? DO YOU TAKE BIG BREATHS?

THERE ARE LOTS OF PERSONAL EXPERIENCES OF WAYS TO CALM DOWN. IT IS IMPORTANT THAT BEFORE TEACHING CHILDREN ANY MINDFULNESS TECHNIQUES THAT YOU DO TRY THEM YOURSELF. WHAT WORKS FOR YOU? HOW DO YOU ACHIEVE THAT STATE OF MINDFULNESS OR FULL RELAXATION?

### RELAXATION EXERCISES YOU CAN TRY WITH CHILDREN

- BUBBLE BREATHING – IMAGINE THEY ARE BLOWING BUBBLES, SLOWLY AND STEADILY.
- SQUARE BREATHING, IMAGINE A SQUARE AND DRAW IT IN THE AIR WITH YOUR FINGER, BREATH IN AS YOU GO ALONG ONE LINE AND OUT AS YOU GO DOWN THE NEXT LINE AND SO ON
- LAZY EIGHT BREATHING. SIMILAR TO THE SQUARE BREATHING BUT DRAWING THE NUMBER EIGHT IN THE AIR WITH YOUR FINGER
- I ALSO LIKE '3 THINGS YOU CAN HEAR'. SITTING QUIETLY, LISTENING FOR 3 DIFFERENT SOUNDS. SOMETIMES WALKING OUTSIDE TO DO THIS AND JUST 'LISTENING' – GIVES THE CHILDREN THAT QUIET TIME.
- GROUNDING ACTIVITY – SOMETHING YOU CAN SEE, SMELL, HEAR, TOUCH AND TASTE.
- ANY SENSORY ACTIVITY SUCH AS PLAY DOUGH WITH SOME CALMING SMELLS, OR STICKING CLOVES INTO AN ORANGE – ANYTHING THAT FILLS YOUR MIND WITH THAT SMELL AND IS A MINDLESS TASK – NO THINKING JUST DOING.
- A BOTTLE FILLED WITH WATER AND GLITTER. SHAKE THE BOTTLE AND BREATHE WHILE WATCHING THE GLITTER SETTLE.

