

# A (paper) chain of Calm

We all need some help sometimes to calm our minds. When we are feeling frustrated or overwhelmed and have not learned ways to make ourselves feel calm we can get even more upset.

Support your children to find their calm by creating a toolbox of ideas they can use when they start to feel those feelings of frustration or worry.

Here is one tool to make with your child. This can be a reminder for them of all the tools they have to help them.

Recommended for ages 6+

## Materials needed;

- Coloured paper
- Scissors
- Sellotape or glue
- A Marker/Pen/Pencil

## Instructions;

- Cut your paper into strips
- Write down on each strip ways that you have learned to feel calm
- Fold one side of the strip to meet the other side, making a link
- Link all your strip together to make a paperchain
- Display your paperchain where you will see it often-reminding you of all the tools you have to find your calm.

## Some ideas of ways to feel calm;

- Belly breathing
- Bubble breathing
- Taking three big deep breaths- slowly
- Listening to music
- Dancing to my favourite song
- Walking around the garden
- Naming 3 things you can see, hear, smell
- Name how I am feeling