



... for parents



4.2 COOLING YOUR JETS

Using strategies to calm yourself down

Your child has taken part in an OFF-TRAIL workshop on stress. The children learned **strategies** they can use to **calm themselves down**.

DID YOU KNOW?

Everyone experiences stress, it's normal. There are a number of strategies to help your child cope and calm down, but there's no magic formula that works for everyone. It may be helpful to try several to learn which ones work for your child.

NOW IT'S UP TO YOU!

You can support your child in trying the different strategies offered at the following address: <https://health.choc.org/7-stress-relief-techniques-for-kids/>

Remember that these strategies are most effective when practiced regularly — both in stressful moments and in moments of well-being.

To hear this content:



Find out more about the OFF-TRAIL program:



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