



... for parents

K5.4 CABIN FEVER

Learning to calm down

Your child has taken part in an OFF-TRAIL workshop about ways to calm down. They learned that they can use **belly breathing** or **conscious movements** to **calm themselves down**.

DID YOU KNOW?

With deep, conscious breathing, the lungs send a signal to the heart and brain to calm down. All these parts of the body work together. The heart slows down and the brain goes into relaxation mode.

NOW IT'S UP TO YOU!

Try different calming strategies with your child when they need to calm down. Here are just a few:

- Take 5 slow, deep breaths;
- Walk slowly around the room;
- Draw without lifting the pencil;
- Listen to a story or a guided meditation.

By trying out different strategies, you'll find what works for your child.

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