

Helping Children Find Their Calming Tools

Why It's Important

Chaos happens at all stages of life. Learning how to handle overwhelming moments is a key element of establishing a healthy relationship with stress. By encouraging children and teens to build a toolkit of calming strategies, you'll empower them to cope effectively with challenges, regulate their emotions, and build resilience.

Tips for Supporting Children and Teens

The following Calm Down Kit includes coping strategies children or teens can use whenever they need help to relax and reset. Here are some tips on how to support them:

1

Practice these strategies with your child when they're in a **calm state**, instead of introducing new techniques when **emotions are escalated**.

2

Encourage your child to **come up with their own list** or a few of their own options.

3

For younger children, you may want to **model** how each strategy works.

4

For children with disabilities, use the tool as a **visual guide** to help them identify how they're feeling and choose their **preferred strategies**.

5

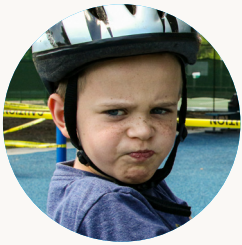
Check in to see which strategies **work well for your child** and which ones may need to be replaced.

Additional guidance and support

[Activate your Spring Health account](#) to explore your mental health benefits or speak with a Care Navigator about your family's needs.

My Calm Down Kit

When I feel:



Angry



Frustrated



Scared



Worried



Surprised



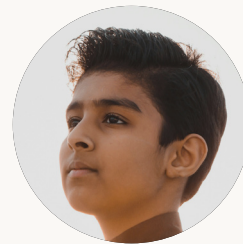
Annoyed



Sad



Overwhelmed



Disappointed



Shy

I can try this to calm down:

Read

Listen to
music

Color
or draw

Go for
a walk

Take deep
breaths

Write down
my thoughts

Tense & relax
my muscles

Cuddle
with my pet

Think about
what I can
control

Blow
bubbles