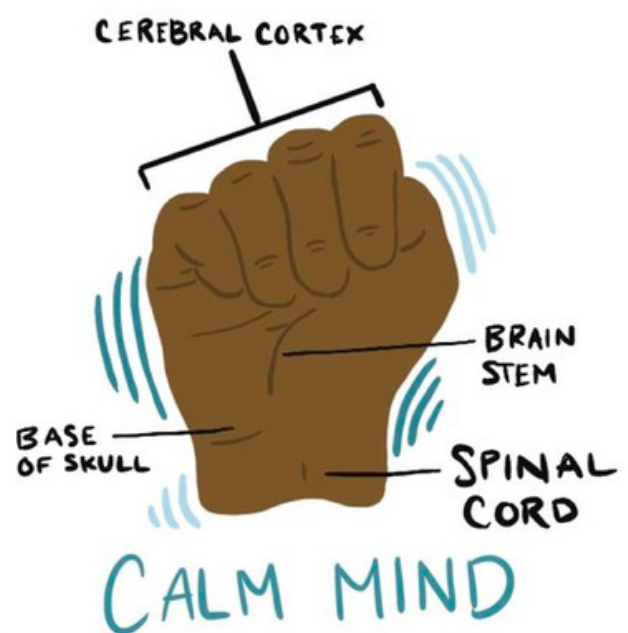
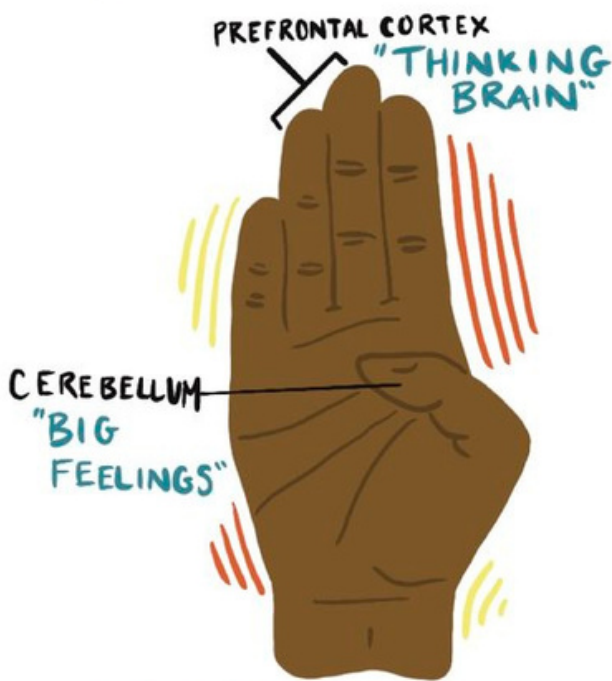


How Can We Help Kids To Calm Down When Upset?

First, let's make sure we understand Dr. Dan Siegel's Hand Model of the Brain:

FLIPPING *your lid*



You lose access to your prefrontal cortex, your "thinking brain." Your amygdala activates the fight, flight, freeze response, and you operate from a place of fear.



Since all of the parts of your brain are working in harmony, you feel calm, balanced, and alert yet relaxed.



Always remember what's happening in the brain while your child is experiencing big behaviors or emotions.

Some great ways to help a child calm down include **going for a walk, drawing, taking deep breaths, eating a healthy snack or hydrating, and listening to music!**

FOR MORE RESOURCES LIKE THIS, VISIT:



EPICHealing.org



Illustration provided by: www.asset-edu.org/recognizing-stress