

KINDNESS CURRICULUM

Creating Calm

When children feel calm, they are more likely to make positive choices and will feel genuinely good about themselves. Taking a few minutes out of your day to calm down with your child is well worth it.

What you can do at home:

- “Freshersize.” Combine fresh air and exercise in outdoor play with your child.
- Slowly count to ten when someone feels stressed.
- Breathe deeply five times.
- Whisper while you read a story to your child.
- Make up a secret handshake or silly dance that signals “I love you.”
- Bend, stretch, and reach for the stars ten times.
- Splash your face with cool water to feel refreshed.
- Create a ritual like a tea party to connect with your child and talk about the day.
- Gaze at the night sky before going to bed. Pick out a star and make a wish.
- Turn off all electronic media at least one hour before your child’s bedtime.
- Talk about good and bad feelings without judging. Say, “Tell me more.”