



## I Can Keep Calm

Young children experience stress just like adults do. Stress management begins when children are able to identify their feelings of confusion, fear, anger and frustration. Providing positive ways to constructively express and control impulses helps children build relationships and manage their behavior.

Here are some positive ways they can deal with those emotions:

1. Stay calm, take a deep breath
2. Explain what you are feeling
3. Tell what you need

*Everyone experiences a range of different emotions throughout the day.*

## Building Your Child's Social and Emotional Competence

Self-management is a social and emotional learning competency that helps children effectively regulate their emotions, control impulses, manage stress, and set and achieve goals. These activities help children build emotional awareness, reflection, and calming skills.

### Act It Out!

Invite your child to create pantomime motions to accompany each of the three steps for dealing with their feelings to help them remember what to do when they find themselves in upsetting situations. For example, put a hand up in a stop position for stay calm, cross arms for explain what you feel, and touching the mouth for tell what you need.

### Think about It!

Have your child think back to a situation when they felt different emotions. Invite them to analyze the situation and name the emotions they felt. Have them discuss ways they could have used the three strategies in that situation.

Many children are experiencing feelings of uncertainty, anxiety, and fear due to the onset of COVID-19. They need a chance to share their thoughts and feelings and ask questions. Make sure you are accurately informed and ready to educate your child knowing the information is evolving all the time. Get information from: The Centers for Disease Control (CDC) at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

