

Learning to Calm Down and Reflect

It's completely normal during times like this to feel difficult emotions. Identifying and naming these feelings, as well as learning ways to respond calmly are useful self-management skills that will help children and adults have a better experience.

Here are some ways for naming, calming, and reflecting on emotions:

1. Notice the feeling in your body and acknowledge the feeling is natural for the situation.
2. Find a word that names your emotion as accurately as possible.
3. Calm your emotions by:
 - Taking 10 deep breaths, inhaling and exhaling slowly
 - Going for a walk to remove yourself from the situation
 - Writing down your feelings
 - Talking about your feelings to a trusted family member or friend
4. Reflect on what happened and how you can prepare for or prevent a similar situation in the future.

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.

Take Inventory!

Take a "feeling" inventory over the next few days, observing how they feel throughout the day. Pay attention to the situations that caused their feelings and their reactions. Use the steps to calm and reflect on difficult emotions.

Draw a Poster!

Draw a poster with imagery they would associate with before, during, and after feelings using the steps to calm and reflect on difficult emotions. Then come up with a positive saying that can be adopted by the family as a motto.

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>.

