

A SENSE OF
CALM

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**HOW ARE YOU
FEELING?**

**HOW IS YOUR
CHILD FEELING?**

- **Lonely**
- **Anxious**
- **Angry**
- **Sad**
- **Frustrated**

WHEN PEOPLE FEEL STRESSED AND UPSET, IT CAN LEAD TO BEHAVIORS OF CONCERN

- ❑ Self-stimulatory Behaviors
- ❑ Vocal Outbursts
- ❑ Tantrums
- ❑ Aggression
- ❑ Elopement
- ❑ Self-injury
- ❑ Non-compliance



meltdown

when little people
are overwhelmed by
big emotions, it's our job
to share our calm,
not to join their chaos.

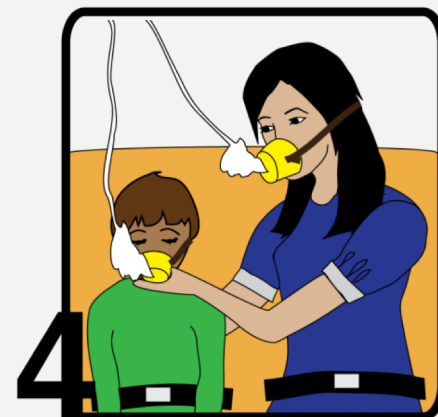
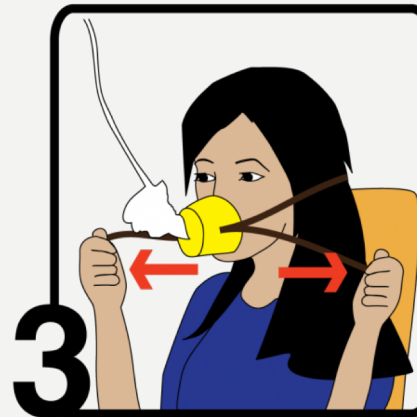
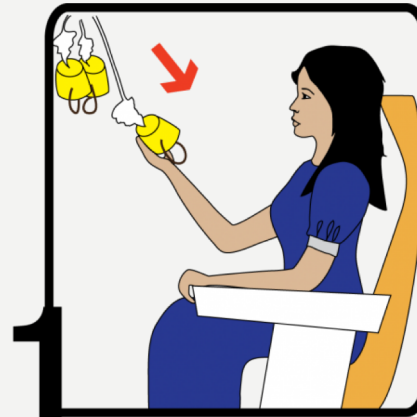
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STEP ONE:

TAKE CARE OF YOURSELF

- We can't help others feel calm and safe unless we are caring for ourselves
- Children observe how the adults around them feel and behave



It is OK to
take time
for yourself!

SELF-CARE IDEAS

<p>Listen to that one song. Repeat.</p> 	<p>Talk to a friend. Or pet. (Wait, those are synonyms.)</p> 	<p>Comfort food.</p> 	<p>Fold laundry. (Repetition + Productivity = calm.)</p> 
<p>Write. Or draw.</p> 	<p>Play like a kid. Silly putty, bubbles, Legos, cartoons, coloring...</p> 	<p>Make your bed. Fresh sheets!</p> 	<p>Drink cocoa by the fireplace.</p>  <p>Don't forget the marshmallows!</p>
<p>Look up funny memes.</p> 	<p>Compliment someone and watch their face light up.</p> 	<p>Take a shower. Better yet, soak in the tub with a magazine.</p> 	<p>Read a book. Bonus points if it has pictures.</p> 
<p>Make something without caring whether it's "good."</p> 	<p>Have a good cry, but keep it short. Use the expensive tissues.</p> 	<p>Buy yourself a smallish gift, just because.</p> 	<p>Forgive yourself for what you couldn't do today, and resolve to try again tomorrow.</p> 

CREATE STRUCTURE

- Have a daily routine
- Establish regular times for waking up, meals, school work, play, and going to bed
- Use a schedule
- Use “first/ then”
- Visual timers



First

clear table



Then

watch TV



EXAMPLES OF VISUAL SCHEDULES

Megan's Daily Schedule Monday

arrival <input type="checkbox"/>	lunch <input type="checkbox"/>
circle <input type="checkbox"/>	recess <input type="checkbox"/>
language Art <input type="checkbox"/>	math <input type="checkbox"/>
snack <input type="checkbox"/>	Social Studies <input type="checkbox"/>
PE <input type="checkbox"/>	dismissal <input type="checkbox"/>

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00
8:00	arrival	circle	language Art	snack	PE	arrival	circle	language Art	snack	PE	lunch	recess	math	Social Studies	dismissal				
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MORNING

WAKE UP	GET DRESSED
BREAKFAST	BRUSH TEETH

To Do Done

-
-
-
-
-

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morning

afternoon

evening

It's Time to...

www.victoriesautism

TOOLS FOR CREATING VISUAL SCHEDULES

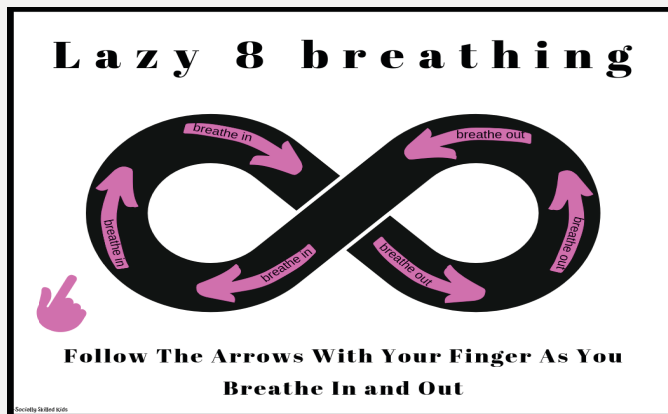
- Boardmaker Share
- Google Images
- Photos
- Binder
- Velcro
- Color-coding
- Cookie Sheet
- White board or Refrigerator

COVID-19 Daily Schedule for Kids		
Before 9am	Wake Up	Wake up, eat breakfast, make bed, get ready for the day
9-10am	Free Time	Watch TV, iPad, Play Games, ect
10-11am	Outside Time	Take a walk, play in the yard or walk dog
11-12am	Creative Time	Art projects, Slime, Coloring, ect
12-12:30pm	Lunch	
12:30-1pm	Chores	Do appropriate chores
1-2pm	Quiet Time	Read, Puzzle, Nap, or color
2-4pm	Academic time	Educational Games, Math, Online education, Science Project, Writing
4-5pm	Outside or Play Time	Go outside to ride bikes or play in the house
5-6pm	Dinner	
6-9pm	Free time until bed	Free choice time, fun Movies, Take showers/ready for bed



- Apps:
 - Todo Visual Schedule
 - Visual Schedule Planner
 - ChoiceWorks
 - First Then Visual Schedule
 - Happy Kids Timer
 - 30/30

- Blow bubbles
- Blow up a balloon
- Lie down and place child's hand on stomach to feel the air moving
- Lazy 8 Breathing



TAKE A DEEP BREATH

[Sesame Street Deep Breath](#)

MORE VIDEOS TO TEACHING BREATHING

Relaxed Breathing (Fish)

<https://www.youtube.com/watch?v=gLbK0o9Bk7Q>

Star Breathing

<https://www.youtube.com/watch?v=qDqOG0RliSE>

Triangle Breathing

<http://www.mindfulteachers.org/2019/04/silent-videos.html>

Balloon Breaths

<https://www.youtube.com/watch?v=2PcCmxEW5WA>

ELmo's Belly Breathe

https://www.youtube.com/watch?v=_mZbzDOpylA



SUPPORTING CHILDREN WITH SELF-REGULATION

Identifying your emotions

Self-discipline

**Using a “toolbox”
to regain control
if we have lost
control**

How do you feel?



<u>Emotion</u>	<u>Looks Like</u>	<u>Feels Like</u>	<u>Sounds Like</u>
Uncomfortable			
Calm			
Lonely			

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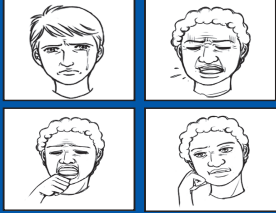
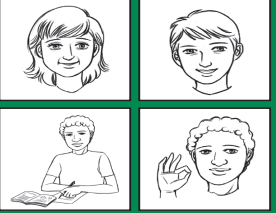
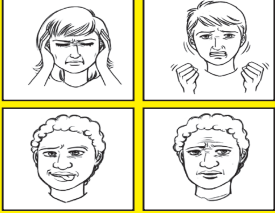

Feeling Thermometer



Zones of Regulation

The **ZONES** of Regulation™ Reproducible E The Zones of Regulation Visual

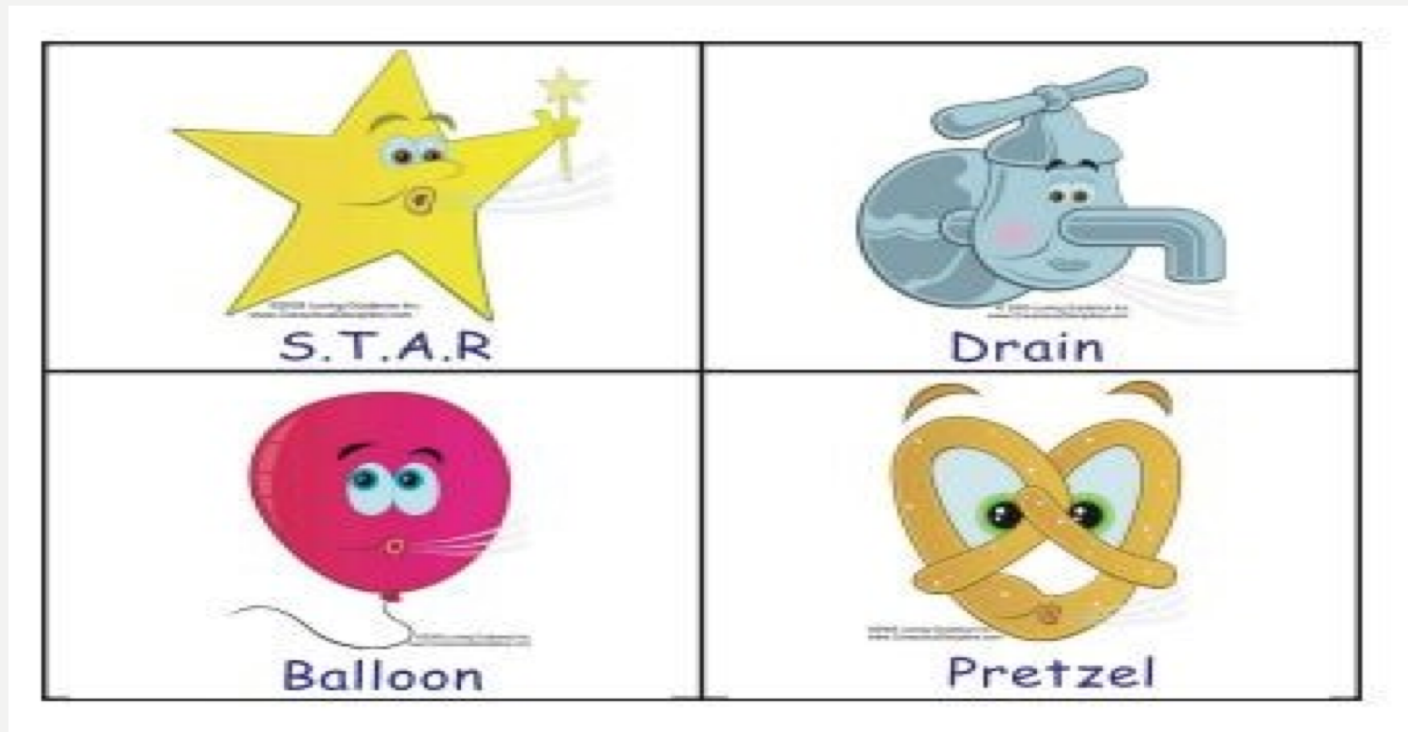
The **Zones** of Regulation™

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

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<https://zonesofregulation.com/index.html>

CONSCIOUS DISCIPLINE



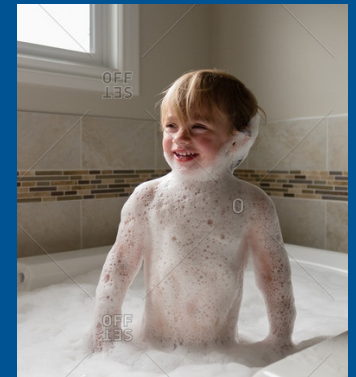
Free Resources

<https://consciousdiscipline.com/free-resources/>

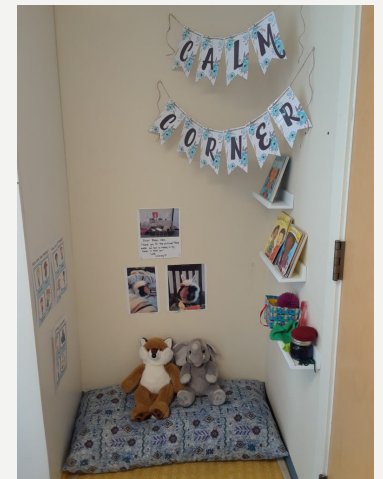


CREATING A SENSORY "TOOLBOX"

- Stretching
- Jumping
- Swinging
- Weighted blanket
- Massage
- Warm bath
- Lavender
- Fidgets
- Play-dough or slime



CREATE A CALMING SPACE



SOOTHING VISUAL AND AUDITORY WEBSITES

The Splendor of Color Kaleidoscope

https://www.youtube.com/watch?v=gx_xqdrpgZc

Virtual Calming Room

https://district196org.finalsite.com/about/calm-room?fbclid=IwAR2ECEyOvtNsPePwXmCMA-Mmb1m7Q_GlGaQHGU-C1uqZccP1lpL5ZsUNiPO

Floating in Space

https://www.youtube.com/watch?v=_09ulaTLP38

Relaxing Medley

<https://www.youtube.com/watch?v=5lC9p8G-0IE>



YOGA & MOVEMENT

- <https://www.top10homeremedies.com/news-facts/kid-friendly-yoga-for-a-healthier-generation.html>
- <https://www.youtube.com/watch?v=ldNm56znOnk>
- <https://family.gonoodle.com/channels/flow>
- <https://mommypoppins.com/newyorkcitykids/25-exercise-games-indoor-activities-for-kids>
- <https://www.youtube.com/watch?v=vMMRb10LtGM&feature=youtu.be>



FREE CALMING APPS

- Fluidity
- Calm
- Relax Sounds
- Sanvello
- Breathing Bubbles
- Stop, Breathe, and Think Kids



- Breathe, Think, Do Sesame
- Breathe Kids
- Headspace
- Bubble snap
- Dreamy Kid
- Emotionary



TAKE A BREAK FROM TECHNOLOGY

- Turn of the television, especially the news
- Reset the Wi-Fi password (bonus: have kids earn the new one!)
- Spend time together as a family
 - Making dinner
 - Reading a book out loud
 - Play or listen to music
 - Play a game
 - Have a marshmallow fight



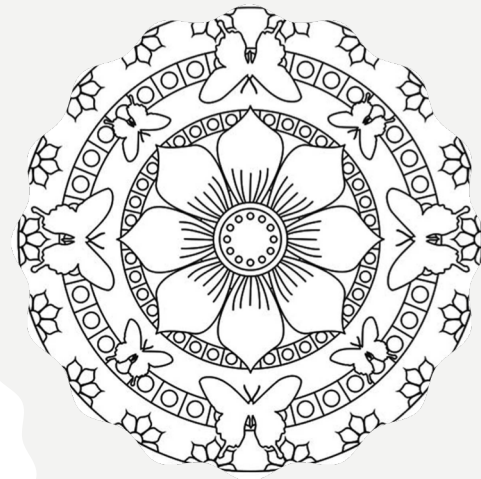
SPEND TIME IN NATURE

- Go outside for a walk
- Try an evening walk to hear and see owls, fireflies, bats, and the moon
- Do a sensory scavenger hunt to hear bird sounds, see insects, smell flowers, feel bark
- Play “I spy” or “20 Questions” with something you see in a natural environment
- Take photos of beautiful things you see in nature
- Make a bird feeder
- Collect some small rocks to paint
- Pick wild flowers and make art with them



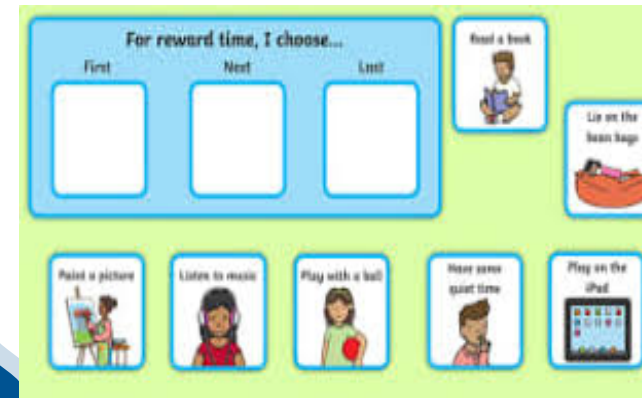
ARTS AND CRAFTS FOR CALMING

- Crayola: <https://www.crayola.com/featured/free-coloring-pages/>
- Mandalas for kids: <https://www.free-mandalas.net/difficulty-level/easy-children/>
- Origami: <https://www.easypeasyandfun.com/easy-origami-for-kids/>
- Friendship bracelets: <https://www.projectswithkids.com/beaded-friendship-bracelets-kids/>
- Slime: <https://www.homesciencetools.com/article/how-to-make-slime/>
- Crafts from household items: <https://www.parents.com/fun/arts-crafts/kid/craft-lab/>
- Calming Crafts: <https://theimaginationtree.com/10-calm-down-activities-for-kids/>



OFFER CHOICES

- Which assignment do you want to do first: Math or Reading?
- What would you like to earn?
- What would help you calm down?
- Where would you like to go for a walk?
- Do you want milk or water?

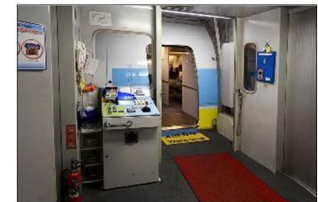
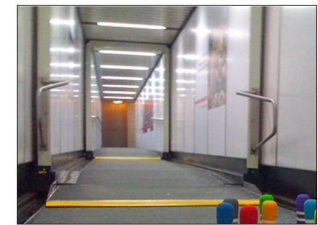


SOCIAL NARRATIVES: STORIES TO HELP WITH CALMING

- Describe a situation and what to do about it
- Should be from the child's perspective
- Explain who can help
- Teach perspective taking
- Make things more predictable

Boarding the Plane

- When it is time to get on our plane, we will get in line.
- Mama will give our tickets to the person at the gate.
- We will walk through the "boarding bridge" to the plane.



Great site for social narrative examples: <https://www.autismsociety-nc.org/social-narratives/>

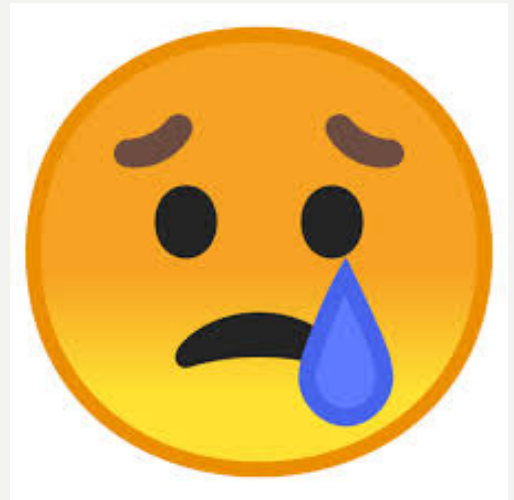


DAYANA'S CALMING BOOK

BY: DAYANA

**SOMETIMES I FEEL SAD, FRUSTRATED,
ANXIOUS, OR MAD.
IT IS OK TO SOMETIMES FEEL THAT WAY.**

- **Some things that make me upset are: change, making mistakes, other people's behavior, and things not being exactly as I like.**
- **At work, crying or screaming are not expected behaviors . If I do that, other people will think this is odd and might judge me. It also might make me feel worse, instead of better.**



WHEN I FEEL UPSET BEFORE,
DURING, OR AFTER WORK AT
THE WEAVERS, I CAN USE
TOOLS TO SELF-REGULATE:

- **Use my meditation app**
- **Draw**
- **Reading**
- **Write**



WHEN I USE MY TOOLS TO HELP ME SELF-REGULATE...



- **I will feel better!**
- **Staff will feel proud of me!**
- **My friends will be happy that I am calm!**
- **It shows that I am getting myself ready to have a job and live in an apartment!**

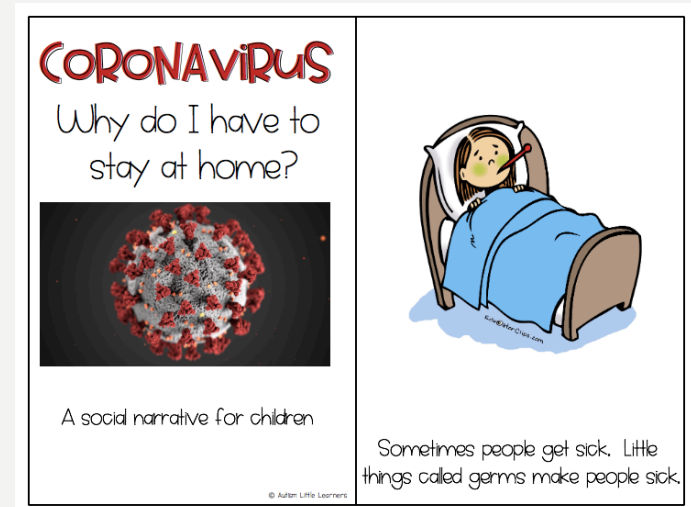
IF STAFF TELL ME TO STOP CRYING OR TO DO MY WORK, I MUST REMEMBER:

- They are trying to help me
- I can handle feed back
- I might not like it, but it will be ok.
- I can write down my feelings an discuss with staff.
- I can vent about it later, but now I need to try and do my work.

CORONA VIRUS SOCIAL NARRATIVES

THESE SITES HAVE A VARIETY OF STORIES FOR ALL AGES ON WEARING A MASK, WASHING HANDS, SOCIAL DISTANCING, E-LEARNING, AND OTHER TOPICS

- <https://childdevcenter.org/news/social-stories-for-kids-about-covid-19/>
- <https://www.iidc.indiana.edu/irca/resources/covid19-visuals-and-social-narratives.html>
- <https://www.autismresourcecentral.org/social-stories-for-young-and-old-on-covid-19/>
- <https://www.teacherspayteachers.com/Product/FREE-Coronavirus-COVID-19-Social-Stories-5319239>



HOW TO HELP DURING A MELTDOWN

- Sometimes someone might like a back rub or hug at time, other times, they might need some space.
- Use few words. Speak in a soft, quiet voice
- Offer sensory tools
- Calm down the environment: lights down, TV off. Try quiet music
- Don't threaten discipline or punishment
- Try a distraction or humor



So...
Take a Deep Breath,
Choose a Way to Feel
Calm,
and Stay Healthy!!

.....
.....
.....
.....



SHE BELIEVED SHE COULD

BUT SHE WAS TIRED

...so she rested and you know what?
the world went on and it was okay.
She knew she could try again tomorrow

| TheMindsJournal

THE MINDS JOURNAL