

The importance of teaching Self-Management

During this difficult time adults and children alike are experiencing new and difficult stressors and may have to change and alter goals we originally had in place. With uncomfortable feelings likely to rise if we can't get out of the house, knowing how to manage these uncomfortable feelings is a vital focus for our children (and ourselves!)

How to do the Three Steps for Calming Down *(or 'Doing Turtle' if you know who Twiggie is!)*



When your child has an uncomfortable or very intense feeling (eg. Sad, angry, over excited):

Step 1: Stop

A self-hug can help keep hands to yourself

Step 2: Take a long, deep breath

Check out some ideas for different ways to take a good deep breath in this blog

Step 3: Say the problem and how you feel

Keep it short and concise eg. "The problem is... and I feel..."

Things That Bug Me

