

# Creating Calm Moments at Home



Everyone experiences stress and can feel overwhelmed – **children, too!** We all need to take a break sometimes.

Children learn best through positive, back-and-forth moments with their parents. Making opportunities and providing tools that help your child experience and create calm moments in their daily lives makes important connections in their brain and helps get them ready for friends, school, and life!

You have what it takes to help your child learn! Try these brain-building tips from Vroom®.

## CALM DOWN KIT Suggested Age: 2 ½ y– 5 years

Using an empty shoebox or other container, have your child put special items inside that help them calm down, like a book, a favorite toy, or piece of clothing. Have them decorate the box and when they're feeling upset, remind them to use the Calm Down Kit.

### Brainy Background™

By creating a Calm Down Kit before upset feelings happen, you're helping your child plan for how to handle stress so they can take action in a difficult situation. This gives them more control and builds their skill in learning to take on challenges.

## STORY SNUGGLES Suggested Age: 0-2 years

Your child loves snuggling and hearing your voice. Get close and cuddle with them while sharing a story or song. Use a calm, quiet, and soothing voice to help them fall asleep quickly. This can become a nightly routine that lets them know it is time for bed.

### Brainy Background™

Creating a trusting relationship, with feelings of closeness and security, sets up an environment for learning. Talk back-and-forth and share words and sounds with them in stories and songs. When you do, you help them become lifelong learners.



### Sample Calm Down Kit Items

- A sensory bottle or calm down jar
- A picture or small photo album
- Favorite stuffed animal
- Favorite toy
- Book
- Fidget toy
- Stress ball
- A pinwheel
- Piece of clothing/fabric



Visit [WeAreBrainBuilders.org](https://www.WeAreBrainBuilders.org) for more brain building tips to make the most of everyday moments with your child.

# SELF-CARE CHALLENGE

Life can be stressful. Doing small things every day to take care of our minds, bodies, and health can help us handle what life brings our way. Try these self-care activities, even add your own self-care ideas, and cross them off as you go!

Self-care is giving the world the best of you, instead of what's left of you. – Katie Reed

 <p><b>Go outside</b></p>	 <p><b>Read a book</b></p>	 <p><b>TAKE A NAP</b></p>	 <p><b>Learn something NEW</b></p>	 <p><b>DRINK WATER</b></p>
 <p><b>Unplug from social media</b></p>	 <p><b>Listen to your favorite song</b></p>	 <p><b>Try a new RECIPE</b></p>	 <p><b>Call a FRIEND</b></p>	 <p><b>MEDITATE</b></p>
 <p><b>Watch your favorite movie</b></p>	 <p><b>Declutter your space</b></p>	 <p><b>your choice</b></p>	 <p><b>Make a GRATITUDE list</b></p>	 <p><b>Take a bath</b></p>
 <p><b>HAVE FUN</b></p>	 <p><b>HA ha HA ha HA ha HA Laugh</b></p>	 <p><b>Ask for HELP</b></p>	 <p><b>EXERCISE</b></p>	 <p><b>TREAT YOURSELF</b></p>
 <p><b>Find a new podcast</b></p>	 <p><b>DANCE</b></p>	 <p><b>Write in your journal</b></p>	 <p><b>Take a day off</b></p>	 <p><b>Go to bed early</b></p>