

When You & Your Child Feel Overwhelmed...

Breathe!

**It's a powerful tool to help calm
your body and mind.**

Take long deep breaths and pretend you are blowing out a candle or bubbles through a wand. You can role model this with your child when you feel the need to collect yourself by saying, "I need to help calm my body and blowing pretend candle/ bubbles helps me. Want to try with me?"

