

Parenting Resources

Websites:

- [Belly Breathing Video](#)
- [Mind Yeti](#)
- [Visual Image for Breathing](#)
- [The Angry Brain](#)

Apps:

- Breath2Relax: Teaches breathing techniques
- SuperStretch: Mindfulness/Relaxation app for kids
- Art Of Glow: Fun calming app for relaxation
- Classroom Timer Lite: Visual timer app

Strategies:

- Brain-based Time Outs (Refer to Worksheet)
- The Gottman Institute Anger Iceberg
- Belly Breathing
- Stop, Think, and then Act Activities

Brain-based Time Out

Step 1: Move

- Jumping Jacks with counting
- Wall push-ups
- Walk in a pattern (circle, square, figure 8)
- Leg lifts

Step 2: Refuel

- Drink water! At least 3 big swallows

Step 3: Stretch

- Side stretches or yoga positions
 - Warrior pose, Triangle pose, Tree pose

Step 4: Breathe

- Belly breathing (Place hands on stomach)
- Hot Cocoa breaths








Step 5: Focus & Problem Solve

- Student self-talk- “I can focus, I can calm my body”
- Fine motor activity
 - Connect the dots
 - Draw
 - Color
 - Trace pattern
 - Count things
- Problem-solving Language (When necessary)
 - What was the problem? (One sentence)
 - What can you do next time?
 - How can you make things better?

Breathing and Movement Activity for Ages 6-12

Progressive Muscle Relaxation – Brief Version**Directions:**

The child can sit down in a chair for this activity.

-  Notice your body in your chair, uncross your legs. You can close your eyes or keep them open. First, scrunch your toes – tight...tighter...tighter...relax. Bend your toes up toward your face – tight...tighter...tighter...relax.
-  Now, your calves, hold your lower legs up under your chair, now let them down. Tighten your thighs and your bottom and feel yourself rise up in your chair. Now, relax.
-  Tighten your abdominal muscles. Good job, now, relax them.
-  Pull your shoulders in toward each other...relax.
-  Scrunch your hands into a fist – tight...tighter...tighter...relax. Now pull your hands in and cross them while scrunching your shoulders up toward your ears. Good job, now, relax.
-  Tighten your jaw. Relax. Scrunch up your face real tight – tight...tighter...tighter...relax.
-  Now go back through your whole body and let go of any tension you might still feel in each place as you move through it. Notice the difference in places that are still tight and relax.

Anger Iceberg

Icebergs are large pieces of ice found floating in the open ocean. What you can see from the surface can be misleading. Most of the iceberg is hidden below the water.

This is how anger works. Often when we are angry, there are other emotions hidden under the surface.

