

December

Activity Calendar

Breathe In, Breathe Out

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. Whenever you sense your child is feeling overwhelmed, set a timer for two minutes, play some soothing sounds if you are able to, and just sit quietly together.	2. A rocking motion is soothing for children. In your arms, in a swing, or in a rocking chair. Back-and-forth motion will help calm them down.	3. ACTIVITY PAGE Little Monkey Calms Down Click the picture to view our featured book 	4. Routines will help your child control their emotions because they know what to expect next. Consistency reduces anxiety.	5. Weekend Wrap-Up Visit your local library and check out books like Little Monkey that teach self-soothing skills.
6. 	7. Have your child lay on their back and place a stuffed animal on their belly. Give it a ride! Breathe in, belly rises, animal goes up! Breathe out, belly lowers, animal goes down!	8. Tell your child to pretend to have a flower in one hand and a bubble wand in the other. Smell the flower (deep breath in) and blow the bubble (deep breath out)!	9. Breathe like a bunny! Take a couple of quick sniffs through the nose and then take a long exhale, blowing out of your mouth!	10. ACTIVITY PAGE Positive Talk	11. Show your child how to feel their heartbeat on the side of their neck using 2 fingers. Tell them to count their heartbeats anytime they need to calm down.	12. Weekend Wrap-Up Take your child grocery shopping with you and let them pick out some of their favorite snacks. Keep them on hand as a treat when they are having some downtime after showing big emotions!
13. 	14. Allow your child to take a warm bath or play with toys in a sensory bin with warm water, or even put just their feet in a bucket with warm water. So calming!	15. Kneading, squishing, and rolling playdough is a great way for your child to release tension and calm their nerves.	16. In a Ziploc bag, mix table salt with a calming essential oil, like lavender. Pour into a shallow container and let your child draw in the calming salts!	17. ACTIVITY PAGE Calm Down Corner	18. Reach for the sky! Bow down to the ground. Open arms wide! Fold them in for a hug. Move your head from side-to-side. All of these movements will calm your child's body down.	19. Weekend Wrap-Up Start a family puzzle today! Find a place in your home where an ongoing puzzle can be worked on anytime a quiet, calming activity is needed!
20. 	21. Repetitive motions like stringing beads or Cheerios on a piece of yarn are a calming activity for your child.	22. Pick up a set of finger paints and paper for your child to use for a sensory experience. Moving the paint around with their fingers is very soothing.	23. Press and rub the area under the ball of your child's foot with your thumbs in slow circles. This is nice to do before nap or bedtime.	24. ACTIVITY PAGE 5 4 3 2 1	25. Put an old pair of slippers on your child. Roll out and tape bubble wrap on your floor. Squirt paint onto the bubble wrap, let your child pop the bubbles, and have them spread the paint with the bottom of the slippers.	26. Weekend Wrap-Up Set up a shelf with art materials- color sheets, crayons, markers, etc. that your child can reach. Suggest they color when they are feeling anxious!
27. 	28. If your child is having a difficult time, make every move in slow motion. Walk slowly. Talk slowly. Move slowly.	29. Change your child's focus during hard times. Try "I spy..." something a certain color or "I hear..." a certain sound.	30. Stress balls, silly putty, or good things to have on hand for your child to squeeze and pull on when something is upsetting them or making them anxious.	31. Happy New Year's Eve! <i>Bring out the blow horns! Let your child breathe in and then blow out into the blowhorn to start fresh in the new year!</i>	Calendar created by: Dr. Pamela B. Connor, Educational Trainer and Consultant Calendar translated by: Manuela Rodriguez.   	



Little Monkey Calms Down

By Michael Dahl

Little Monkey has a major meltdown and then goes to his room to calm down. He sings a quiet song, cuddles with his blanket, and learns how to take a few deep breaths. This book will show your child ways to soothe themselves after being upset. Get your child a monkey stuffed animal. After a tantrum or an emotional outburst, hug your child and hand them their monkey. Remind them of what Little Monkey did in this book and tell them to try what he did to help them calm down. Maybe they would like to cuddle with their blanket? How about taking a few deep breaths? Little Monkey can be their guide to help them settle down on their own.



Created exclusively for Books by the Bushel, LLC by Pamela B Connor, Ed.D.



Positive Talk

The way you talk to your child can play a role in helping them calm down. Your positivity will help your child learn how to handle emotions and self-regulate.

Instead of saying “Calm down” Say “How can I help you?”

Instead of saying “Stop crying” Say “I see this is hard for you”

Instead of saying “Stop yelling” Say “Take a deep breath”

Instead of saying “that’s enough” Say “Do you need a hug?”

Instead of saying “ Don’t get upset” Say “It’s okay to feel sad.”





Calm Down Corner

Create a space in your house for your child to go when they need a moment to calm down. This is not in their bedroom but rather in the living room or den. Place a squishy beanbag or a soft, child-sized chair on a small rug. In a basket, place a blanket and a few stuffed animals. Add a stack of books, some easy puzzles, and some fidget toys to the area. Whenever your child is getting upset or has just finished having an emotional outburst, suggest they go to the calm down corner to have some alone time and get themselves together. Be ready to give them a big hug when they come back to you with a smile on their face!





5 4 3 2 1

This exercise is great to help kids be present in their bodies and space. If they are becoming frustrated or overwhelmed, stop your child wherever you are and have them find or describe:

5 things they can see right now!

4 things they can touch right now!

3 things they can hear right now!

2 things they can taste right now!

1 thing they can taste right now!

