

## Ways to support your child calm down after a day at school.

Some children can manage to suppress worries, anxieties and excitement during the day at school but then 'explode' when they are back at home. There is an analogy about a child being like a can of coke, being shaken at school but managing to 'keep it together' and then when they are at home, opening the shaken can which explodes. Here are some ideas that may help your child keep calmer when they get home from school. Some children may find that going to the park or riding their scooter may help too. Please speak to Mrs Wall if you feel you need more support at home.

**TIPS FOR**

**AFTERSCHOOL MELTDOWNS**

<b>ALLOW THEM TIME</b> Create a safe time and space for them to get feelings out	<b>SHOW YOU CARE</b> Share distraction free time with them	<b>GIVE PLENTY OF DOWNTIME</b> Keep after school activities to a minimum
<b>SAVE QUESTIONS FOR LATER</b> Let them share on their own terms	<b>FEED THEM</b> Afterschool snacks help them to refuel and recharge	<b>RECORD MELTDOWNS</b> This makes it easier to see patterns & find triggers

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## TAKE 5 BREATHING



Sit comfortably, resting one hand in front of you with fingers outstretched like a star and the pointer finger of your other hand ready to trace your hand. Starting at the base of your thumb on the outside of your hand, breathe in slowly through your nose as you slide your pointer finger up to the top of your thumb. Breathe out slowly and slide your pointer finger down the inside of your thumb. Breathe in as you slide your finger up the next finger and out as you slide down. Continue breathing in and out as you trace your whole hand.

## SHOULDER ROLL BREATHING



Choose a comfortable sitting position. As you take a slow deep breath in through your nose raise your shoulders up towards your ears. Breathe slowly out through your mouth, lowering your shoulders as you exhale. Repeat slowly, rolling your shoulders up and down in time with your breath.

## BUBBLE BREATHING



Sit comfortably with your eyes closed. Begin by imagining you are holding a bubble wand. Breathe in deeply and then, as you breathe out slowly and gently, imagine you are blowing bubbles into the room. Imagine the bubbles are filled with peace or love or happiness and that you are filling the whole room with a peaceful, happy feeling. As you keep breathing slowly and blowing your imaginary bubbles, feel your body become calm and relaxed.

## TUMMY BREATHING



Lie on the floor and place a small stuffed animal on your stomach. Breathe in deeply through your nose and feel the stuffed animal rise, and then feel it lower as you slowly exhale through your mouth. Rock the stuffed animal to sleep using the rise and fall of your stomach.