

SHARE YOUR CALM PLAN

Share and focus on the things your child **can** control – hand washing, keeping the rules around safety, not catastrophising but **celebrating** being safely with friends and learning again!

Help them to identify **3 positives** at the end of each day and make up a **good news book** and revisit it at the start of the next day

Acknowledge and do not dismiss their worries or concerns – listen and be there for them – ‘I am here for you and I am going to make sure we are safe together’ and support them to reframe those **negative thoughts** and remember **a thought is not necessarily true**

Regulate together and show them how to use key tools from Mindfulness, Grounding, Deep breathing and Visualisation – *let's do it together now!*

Exercise regularly and help them to see the benefits of those **feel good chemicals** on their nervous system

Yourself first – take the time you need to **find your calm** so you can share it effectively and *let your child know that you need to do this too!*

Observe your child's breathing and prompt them to take **deep breaths** when it becomes shallow or tight – **use 5 finger breathing**

Understand that it is **normal** for us all to feel anxious and **normalise this for them** reinforcing that *things will get better and we must not lose hope*

Regulate regularly at key points in the day – before and after school and during lessons/breaks etc and help them to keep a **self-regulation diary/log** – see what works best and use it again!

Comfort your child when they need it – cuddles and kind words always help

Accept your child in the moment and encourage them to have some **self-compassion** – give the message *it's ok to be scared or angry and to vent but not ok to bottle it all up*

Look for the positives and identify what **DID** work well or better every day and *keep a list to remind them that happy moments stay with us and can be revisited*

Manage and develop their well being plan and support them to engage in happy relaxing activities on a daily basis – **factor in the fun** whilst regulating the nervous system!