

Calming Strategies for Pre-School

I can...

- Begin to recognize and **label** my feelings
- Begin to seek support when I feel overwhelmed
- Communicate my distress in various ways; I may not be able to fully explain the source of my distress
- Begin to identify what calm **feels** like
- Begin to identify what I **need** to be calm (e.g. comforting touch, quiet space)

*Watch over me
Delight in me
Help me
Enjoy with me
-Circle of Security*

Co-regulate by...

- Notice, label, and validate my emotions
- Stay close and present when I am overwhelmed
- Create a calming environment (e.g. calming spaces, visuals)
- Know what works for me (e.g. snack, hugs, books, fidgets, comfort items)
- Provide opportunities to practice calming strategies (e.g. yoga)