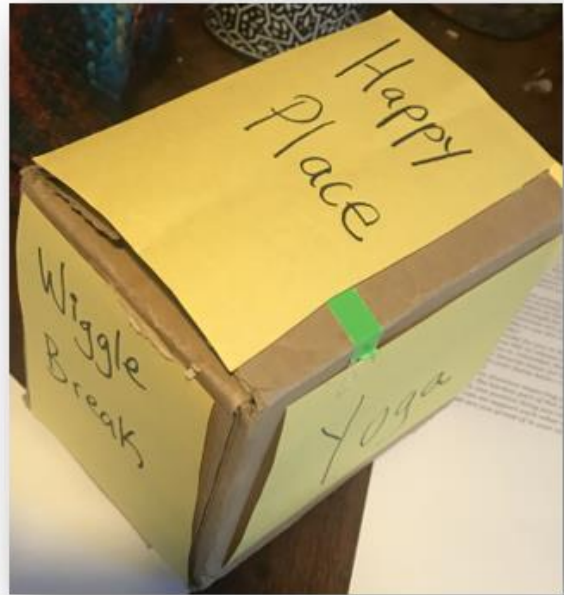


It's *totally normal* to experience frustrations throughout the day. Those frustrations can lead to BIG emotions. Big emotions can make it hard to think and solve problems. The Calming Cube can help.

To make a Calming Cube:

On each side of a box, write one thing your child can do to help them feel calm when they are frustrated or upset. Here are some ideas, including ones parents shared during a family workshop:

- Mountain Climber Breaths
- Take a Wiggle Break
- Yoga
- Slowly counting to ten
- Drawing your feelings
- Dancing
- Quiet humming
- Go to a cozy corner
- Ask for a hug
- Tear up paper and make art with the pieces
- Listen to or make music
- Squeeze a toy
- Finger paint
- Look at the clouds or the night sky
- Let out your tears
- Blow bubbles
- Play with a favorite toy
- Snuggle your blanket



The next time your child is frustrated they can toss the Calming Cube and do the strategy they land on.