



**Project Pre-K TIPS**



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**Dear Parents,**

**This week we are learning how to “Take a Break” to calm down.**

**Please take five minutes to help you child practice different take a break strategies at home.**

**You can use the example below to guide the practice.**

“We’re going to practice some things we can do when we take a break to calm down. You could squeeze a stress ball (or squeeze our hands really tight like we’re squeezing lemons while we count to 5 and then let go). I’m going to show you first, now you do it.”

“You could think about your favorite place or favorite thing to do.”

“You could take deep breaths like we learned how to do last week. Breathe in through your nose (1,2,3), and breathe out through your mouth (1,2,3,4,5).”

“You could count to 10, or give yourself a big hug. You could even close your eyes.”

*Practice the different calm down strategies with your child and then have a quick conversation with your child about their favorite calm down strategy and when they might need to take a break and use the strategy (when they are mad, sad, or really excited).*

# Take a Break Strategies

Squeezing a Stress Ball



Imagining Your Favorite Place



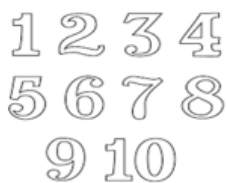
Taking Deep Breaths



Watching the Timer



Counting to 10



Closing Your Eyes



Giving Yourself a Hug



hug

My Own Way to Calm Down