

8 SELF-CARE WINS FOR KIDS

TRACE YOUR HAND

SIMPLE FIDGETS HELP KIDS MOVE AND FOCUS.



TAKE BIG DEEP BREATHS

THIS PREVENTS AMYGDALA HIJACKINGS AND HELPS KIDS REREGULATE.



SIGNAL A TIME-OUT

USE THIS SIMPLE GESTURE TO INDICATE, "I NEED A BREAK."



HELP THEM REST

PAYING OFF A SLEEP-DEBT MAKES THE ENTIRE WORLD FEEL BRIGHTER.



TEACH "GO SLOW, BE PATENT, TAKE YOUR TIME."

SLOW AND STEADY WINS EVERY TIME.



SELF-CARE STRATEGIES EQUIP KIDS TO AVOID LIFE'S MARSHMALLOWS, DEVELOP GRIT, AND WIN AT LIFE.

TO HELP KIDS REACH THEIR GOALS, WE MUST TEACH THEM HOW TO PERSIST!

GET THEM ACTIVE

AEROBIC ACTIVITY REDUCES SYMPTOMS OF ANXIETY AND DEPRESSION. IT HELPS KIDS GET THE WIGGLES OUT.



SAY, "YOU'VE GOT THIS!"

WHEN KIDS KNOW YOU ARE CONFIDENT, THEY KEEP GOING.



SQUASH A.N.T.'S FAST

HELP KIDS REPLACE AUTOMATIC NEGATIVE THOUGHTS WITH POSITIVE ALTERNATIVES.



BE A HUMMINGBIRD, NOT A HELICOPTER. INSTEAD OF LOUDLY HOVERING OVER KIDS, WAITING TO HELP, QUIETLY FLUTTER IN AND OUT - BUT ONLY WHEN IT'S NEEDED.