



Quick Calming

When children feel sad, worried, or upset, they may feel tense and agitated in their bodies. One way to help children change the way they feel emotionally is to help them change the way they feel physically. Relaxation training can improve mood because children are more positive and calm when they feel physically relaxed.

One kind of relaxation your child can use is called Quick Calming. This is a way to calm down in public when it's hard to find a private spot, when time is short, or when your child is caught off-guard by a stressful situation. With practice, your son or daughter can learn to use Quick Calming to feel more relaxed and calm in a variety of situations. There are three steps in Quick Calming (they spell **ReST**):



Relax your muscles.

Focus especially on the muscles that feel most tense.



Slow your breathing.

Take slow, deep breaths and exhale slowly each time.



Think of a peaceful place.

Picture a peaceful place and imagine that you're relaxing there.

How Can I Help?

When you see that your child is feeling bad, worried or upset in public or when time is short, encourage him or her to use the Quick Calming skill. Situations when Quick Calming may be useful include (1) waiting for a performance or test to begin, (2) after an argument with a friend at school, and (3) learning at the last minute that weekend plans have been cancelled. Your reminders will help your son or daughter remember that there is a good way to calm down quickly when something bad has happened or when feelings of stress and tension have come up quickly.