

... "bite size"
news from
your
Region 10
Behavior
Specialist



OH, Behave!

Volume 9, Issue 4

Last Day of
Summer 2016



Behavior Tip of the Month:

A calm child is
a more focused
child who is
ready to learn
and grow!

In every exciting issue:

- Ask The Behavior Specialist
- Behavior Tip of the Month
- Calming Choice Card
- Social/Emotional Book Nook



Just as we teach children to count and learn the letters of the alphabet, we need to teach children how to handle big emotions. When young children get angry, they need to learn how to calm down. Teaching children to not get frustrated or upset is not productive. Everyone gets upset and frustrated from time to time. It's what you do with that disappointment that matters. Learning to manage one's feeling and emotions is a life skill that young children can learn and –with practice and guidance– can excel at doing.

Learning to calm down is a self-management skill. When children are taught self-management skills there will likely be positive changes in their behavior. When self-management plans and procedures are developed and followed, children become more independent...which is accompa-

nied by a feeling of competence and pride! When children learn to manage daily tasks by themselves, teachers have more time to teach, play and interact with all children in the classroom. This is a win/win for everyone!

Here are some tips to help teach children how to calm down:

- Designate an area of your classroom to serve as a cool down place. This can be your cozy corner. For this to be effective, children need to understand what to do in this area. For example, allow only one child in this area at a time.
- Teach calming techniques to children. Practice these during circle time. Remind children of these techniques and allow children time to practice. Model these techniques so children can see the positive

effects. (see page 2 for some calming down techniques).

- Remember the goal is for children to learn what to do when they get upset. As with any new skill, it will take some time to learn it. Be patient.
- Teach children calming down techniques BEFORE they need to use them. Trying to teach a child how to calm his or her body when agitated and melting down will not be helpful to the child. In such an angry state, a child is not able to receive and learn a new skill. When children begin to get upset, cue them to use their new skills. Before long, you will see children using the techniques on their own without much prompting. Enjoy a more peaceful classroom!

(See below for some examples of cool down areas)



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Ask The Behavior Specialist!

Question: I am looking for some techniques to use to help my children learn to calm themselves down when they get upset. Any suggestions?

Answer: Lots! Here are some ideas for you to use in your classroom:

- Teach children to take deep breaths. Learning how to properly inhale and exhale is essential. Have children pretend to blow out a candle on a birthday cake or use a pinwheel to illustrate exhaling long enough to make it move.
- Books that show characters dealing with anger/frustration. Click [here](#) for a great book list.
- Paper for drawing or tearing.
- Visual cues that give children ideas of how to calm their bodies and minds.
- Bubbles
- Sensory bottles or calm down jars.
- Playdough, Silly Putty, and/or clay (Consider adding a few drops of lavender essential oil to your favorite playdough recipe for a calming sensory experience).
- Soft pillows and stuffed animals.
- Stress balls to squeeze.
- Mirrors
- Pictures of different emotions
- A visual reminder to count to 10.
- Pictures of children stretching and posing in ways that help the body relax. (Teaching children basic yoga moves helps too!)
- Don't forget about "Tucker" the turtle technique that teaches tucking into one's shell and taking deep breaths! For more info, click [here](#).



In each issue you will find a new card to help you build your very own "Calming Choices" Card Set for your classroom.

Great to have in your cool down

When I am upset, I can...

GO TO THE COZY AREA AND COOL DOWN



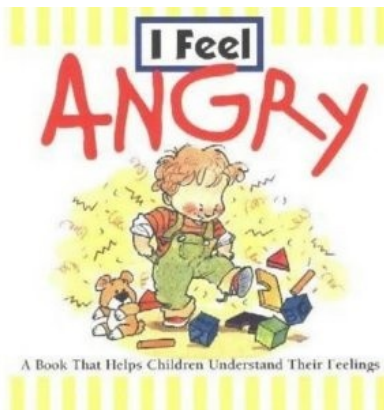
For durability and repetitive use, print on cardstock paper and laminate.



calming TOOLS

Find these great visual aids and MORE on our Pinterest page! Click [here](#) to see what is happening on "Tucker's NC Nest"!

Social/Emotional Book Nook



Marcia Leonard has written a whole series of books designed especially for young children. Her books help children recognize and identify various feelings and emotions. Marcia's books help children 2 years to 6 years of age put a name on what they are feeling so they can communicate with caring adults. When parents and teachers understand what children are feeling, they can better help them deal with big emotions. Practical suggestions are given in each book in this popular series.

Do you have a question you would like to see answered in our monthly column? Feel free to fax your question to 336-761-5107.

You can remain anonymous if you prefer, but please put your question to the attention of "Ask The Behavior Specialist".



Questions or Comments?



(336) 761-5100
Ext. 1010

Renae Lingafelt-Beeker

RBeeker@ccrr.org

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