

KEEP CALM AND CALL ON



Family and Youth Services

PERFORM CARE

1-877-652-7624

24 hours a day – 7 days a week

MOBILE CRISIS

1-877-652-7624

24 hours a day – 7 days a week

2NDFLOOR YOUTH HELPLINE 1-888-222-2228

FAMILY HELPLINE 1-800-THE-KIDS (843-5437)

24 hours a day – 7 days a week



Care Manager



Therapist



**Behavioral
Assistant**



**Family Support
Worker**



**Emergency
Contact**



**Primary Care
Doctor**



Specialist



School



Other

Family And Youth Services

☎ (848) 252-8625

✉ info@familyandyouthservice.org

🌐 familyandyouthservices.org

8 WAYS KIDS CAN CALM DOWN ANYWHERE

For Kids that have a harder time regulating, these tools can be used ANYWHERE to help them calm down.

1 Count to 20.

Counting is a great way to help kids slow their breathing down, and can ground them.

2 Take a deep breath.

Taking a few deep breaths can be relaxing for kids, and can also help slow their heart rate down.

3 Blow into your hands.

Blowing into hands gives kids the feedback of what deep breathing feels like physically, and can be a really calming process.

4 Notice what your body feels like.

By recognizing what happens in your body when upset (such as a racing heart, sweaty hands, etc) kids can learn to recognize the signs of anger.

5 Make a fist, then relax the hands.

This is a great way to release tension built up in the body.

6 Do a body scan.

Help kids relax the muscles in their body. Start at the top of their body and work down, purposefully relaxing all of the muscles they can think about and focus on.

7 Identify the emotion that led to anger

Anger is a secondary emotion and you can never just be angry. It is great to help kids understand what emotions led to anger, such as frustration or disappointment.

8 Ask for a hug.

Hugging is a really powerful calming tool, and can go a long way towards making kids feel better.