

SOCIAL AND EMOTIONAL ACTIVITIES

VROOM tips to encourage positive mental health and wellness practices in children

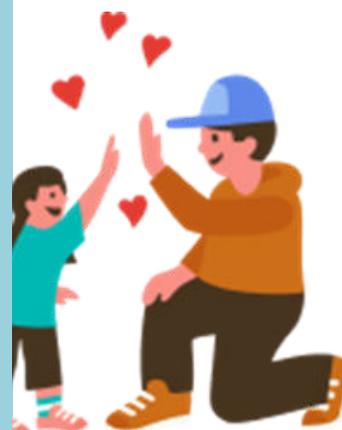
TOOLS TO CALM AND CONNECT WITH YOUR CHILD!

Acting Out with Your Child (Ages 4-5)

Every child sometimes does something they should NOT do. Use this time to talk to them about WHY they should not have done it. Then ask them to draw a picture of what happened on a piece of paper. On the other side of the paper, have them draw what they could have done in a better way. Ask them why this new idea would be a better choice.

Brainy Background

Using this strategy changes your approach from dealing with misbehavior to growing and learning. Coming up with new solutions helps your child learn ways to avoid going on autopilot. Instead they can think of better ways to deal with problems.



Today's Feelings with Your Child (Ages 3-5)

Ask your child to talk about their day using feeling words like happy, excited, and sad. Try questions like, "Was there a time when you felt frustrated today?" Ask them to make faces that express these feelings. Share your day as well.

Brainy Background

When you take time to talk about feelings with your child in fun ways every day, you make your relationship stronger. You're helping them connect feelings and actions, too. Once your child understands their emotions, they can better relate to others.



Stress Busters (Ages 2-5)

During a calm moment, invite your child to think of ideas to help when they feel stressed. They can try using words to explain feelings, hitting something that can't be hurt, or counting numbers. See what works and brainstorm new ideas.

Brainy Background

Asking your child to think of ideas to help manage stress helps in several ways. They can learn to manage their feelings and behavior. You're also helping them learn to take on challenges.



Belly Breathing with Your Child (ages 3-5)

Help your child learn to breathe deeply when feeling upset. Have them close their eyes and put their hand on their belly to feel it go out when they breathe in. When breathing out, their belly moves in. Remind them to use Belly Breathing to help them calm down.

Brainy Background

When you ask your child to focus on their breathing when they feel upset, you help them practice self-control. They also learn to manage emotions in hard situations. This ability continues to develop throughout life and supports your child in solving problems on their own.



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