



What Is My Child Learning?

Your child is learning how to manage worried feelings using different Ways to Calm Down, such as belly breathing, using self-talk, and counting. Your child is also learning that it helps to talk to a trusted grown-up.

Why Is This Important?

When children have strong feelings of worry or anxiety, it is hard for them to focus attention and learn.

Ask your child: **How does your body feel when you're worried?** Possible answers: Butterflies in my tummy. Hot. Sweaty. Shaky.

How can you calm down when you are feeling worried? Possible answers: Take belly breaths. Self-talk. Talk to a grown-up. Count.

What can you say to yourself that will help you calm down when you feel worried? Possible answers: It will be okay. I will ask my teacher for help. I will ask my dad for help.

If you are feeling worried about something at school, who is a grown-up you can talk to? (Help your child identify a trusted adult at school.)

If you are feeling worried about something at home, who is a grown-up you can talk to? (Help your child identify the adult(s) he or she can talk to at home, if necessary.)



Practice at Home

When you notice your child is worrying, help him or her name the feeling, then practice one or more of the Ways to Calm Down learned in class. Then ask your child to talk to you about what is worrying him or her. For example:

I can tell by the way your eyebrows are scrunched together that you are worried. Let's take some belly breaths together. Stop and breathe together. Can you tell me what is worrying you?

Activity

Help your child think of a time that might cause worried feelings. Help him or her think of what to say to a trusted adult to ask for help in that situation. Fill in your child's responses in the blanks below.

I feel worried when:

What I could say to ask an adult for help:

Now have your child practice using these words to ask you for help.

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)
----------------	--------	---------------------