



Seasons Counseling Center

Parent Starter Toolkit

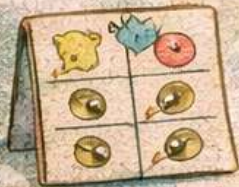
Emotional Regulation Tools for Home & School

Help your child calm difficult feelings with these tools in a free downloadable resource pack.



Calm Corner Ideas

Provide a space for kids to calm down and reset with comfort items that help them feel safe and grounded.



Feelings Chart

Use visuals to help children identify and express their emotions.



Use Calming & Focus Tools

Let your child use breathing as a tool for stress relief and focus.



Challenge Anxious Thoughts

Boost confidence with helpful statements:
"I am brave," "I am loved," "I can handle this!"



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