

Quick Resets for Meltdowns

(Yours or Your Kids')

Fresh Air

Step outside and take 2 deep breaths. Go for a walk. Roll down the windows in the car.

Laughter

Want to scream? Shout a silly phrase (like "ICE CREAM ROBOTS") & let out a laugh. This releases tense energy.

Water/Food

Water: To drink or to play in.
Maybe even both.

Food: Take a snack break.
Hangry is a real phenomenon.

Dance

When in doubt, dance it out!
Stop what you're doing, turn on an upbeat song, and wiggle.

Preferred Touch

Give a hug/squeeze. Place a gentle hand over theirs. Try a spin or jump together.

Mantra

Admit that your feeling off.
State a phrase out loud that allows your body to reset.
(Need ideas? Check out our mantra sheet!)

Want more?

Find yourself unsure how to navigate meltdowns?
Give us a call and see how we can help you connect with yourself and your kids!

