

ONE PAGE SUMMARY

Kids Learning > Emotional Intelligence > Calming Down

What is Calming Down

Master the art of calming down for better emotional control!

DEFINITION

Calming down means finding ways to relax and manage strong feelings. It helps us feel better when we are upset or angry.

KEY CONCEPTS

Deep Breathing

Taking slow, deep breaths helps reduce stress and brings calmness.

Positive Self-Talk

Using encouraging words with yourself can change your mood and help you feel better.

Mindfulness

Focusing on the present moment helps clear your mind and reduce anxiety.

Physical Activity

Moving your body, like dancing or walking, can release tension and improve your mood.

Time-Out

Taking a break from a situation allows you to cool down and think clearly.

EXAMPLES

- When feeling angry, take five deep breaths.
- Say to yourself, 'I can handle this!' when stressed.
- Go for a short walk to clear your mind.

MEMORY TIPS

- ★ Remember the acronym 'BREATHE' for calming down techniques.
- ★ Visualize a calm place, like a beach or forest, to help relax.
- ★ Think of calming down as 'PAUSE' before reacting.

COMMON MISTAKES

- ✗ Ignoring feelings instead of addressing them.
- ✗ Reacting immediately without taking a moment to calm down.
- ✗ Believing calming down is not necessary for small problems.

QUICK RECAP

Calming down is essential for managing emotions and making better decisions. Techniques like deep breathing and mindfulness can help. Remember to take a moment before reacting to feelings.