

A FAMILY DE-ESCALATION GUIDE

Talk about feelings together.

Check in with your child! Ask them how they feel. You can ask questions like “What color do you feel like today? Can you tell me why?” Have your child check in with themselves! You two can talk about the different emotions they feel during the day. This helps your child build their emotional vocabulary list.

Talk about your feelings with your child. This shows them it is okay to talk to you about their feelings too.



What else can I do?

Talk to your child's teacher! Ask them if they have any tips for you.

Go to Healthy and Ready to Learn's website at

<https://www.hrl.nyc> to learn more!

WHAT IS SOCIAL EMOTIONAL LEARNING?

Social emotional learning (SEL) is learning how to be aware of and in touch with our feelings. Having strong social-emotional skills helps us in many ways.

It helps us...

- Be kind to ourselves and to others.
- Listen.
- Make and keep positive relationships.
- Make responsible decisions.
- Set goals and work towards them.

WHAT IS DE-ESCALATION?

De-escalation is when you use different ways to help calm down your child.

It helps your child be in touch with and manage their feelings.

WHY IS DE-ESCALATION IMPORTANT?

When your child is stressed, they can feel scared, angry, sad, or nervous. These feelings can make it hard to listen, learn, or focus.

De-escalation helps to bring your child back to a space where they feel safe and supported.

HOW CAN I TELL IF MY CHILD IS STRESSED?

Your child might be stressed if...

- ~They look restless and cannot stop moving.
- ~They are crying, yelling, or saying bad words.
- ~They are shaking or rocking.
- ~They are wringing their hands.
- ~They are clenching their fists or teeth.

WHAT DE-ESCALATION METHODS CAN I USE TO HELP MY CHILD?

A peace corner can be a small physical, emotional, or mental space for your child to go to have a quiet moment alone and take a break from a hard situation. Here are some tips that can be helpful for your child:

Set up a Physical Peace Corner.

- Put pillows or blankets there to make it comfortable.
- Play doh to play with and reduce stress.
 - You can make this by mixing flour, salt, cooking oil, and hot water.
- A glitter bottle to help your child refocus.
 - You can make this by filling a clear bottle with water and glitter.
- A bottle of bubbles to blow to help your child focus on their breathing.
 - You can make this by filling a bottle with water and soap.
- A journal or art supplies (like paper and markers) for your child to write down or draw their feelings.

Set up an Emotional and Mental Space.

An emotional and a mental space is where children can regulate their emotions, thoughts, and behaviors to calm their bodies and mind.

- Put a blanket over your head and think about a fun memory or something that makes you happy.
- During bath time add bubbles
- Mention three things you are grateful for at the beginning or end of the day to maintain a positive attitude and self-talk.

Set up a Family's Kit for De-escalation.

SEL is part of our day-to-day life. We are constantly teaching or telling our children what to do and how to feel. It is easy for all of us to get caught in negative and racing thoughts in moments of distress. We recommend these grounding techniques that are good for you and your children to calm down and talk through things together.

Here are some activities to practice together whenever needed as part of your family's de-escalation plan.

Do Breathing Exercises Together.

Smell the flower/blow out the candle: Take a big breath through your nose like you are smelling a flower. Then, blow air out through your mouth like you are blowing out a candle.

Snake breath: Take a big breath through your nose. Then, blow air out through your mouth while making a hissing sound like a snake.

Countdown: Breathe in and out slowly. While breathing, name (3) things you see in the room, (2) things you hear, and (1) thing you smell.

Practice these together when your child is calm. This way, they are ready to use them when they are stressed.



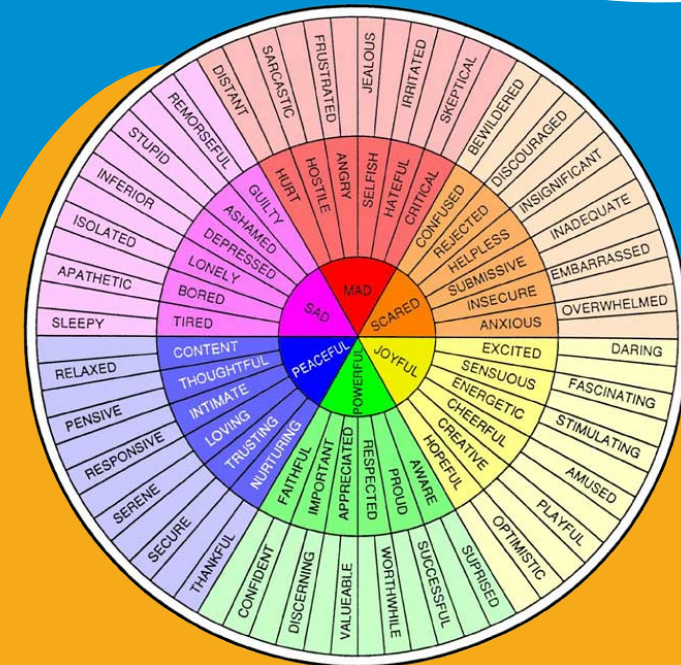
Grounding With Your Five Senses.

In moments when we feel anxious and overwhelmed we can focus on our 5 senses by naming things to help regulate these emotions. Get together as a family, be curious and specific!

- 1 List or say a thing you can taste**
Ex. Toothpaste, Banana, Orange Juice
- 2 List or say 2 things you can smell**
Ex. Perfume, Flowers, Vanilla
- 3 List or say 3 things you can hear**
Ex. Birds Chirping, Car Horns, Dogs Barking
- 4 List or say 4 things you can feel**
Ex. Wind Blowing, Pencil, Clothes
- 5 List or say 5 things you can see**
Ex. Sun, People Walking, Trees

Name How You Feel...

Emotion Wheel is a tool to help you name how you feel. Knowing how you feel can help you process your emotions and understand what you need. Get together as a family and spin the wheel!



Grounding With Your Five Senses.

WHAT ARE



1

List or say a thing you can taste ...



2

List or say 2 things you can smell...



3

List or say 3 things you can hear...



4

List or say 4 things you can feel...



5

List or say 5 things you can see...



Name How You Feel Using the Emotion Wheel.

How to Use the Emotional Wheel.

Take a look with your child and help them figure out their basic emotions from the inner circle outwards.

Then, work your way out to a more specific color emotion.

This will lead to a healthy communication where you can help them process their feelings.

Practice using this wheel as they get older to help them understand their emotions better.

