

Kidsbridge @HOME



Tools to Calm Down an anxious or stressed child

Summer is here! Some children who thrive on the routines of the classroom, can find the freedom of summer vacation difficult and stressful! Check out these simple tips and tricks for the emotionally tough days!!



- Blow Bubbles
- Take a mid-day bath
- Listen to music & dance
- Take a walk and listen for birds

- Give a DEEP, LONG Hug
- Take a drive and look for a particular item (statues, flags, blue signs, etc)
- Snuggle & watch their favorite show with them



Parent Tip: Put down your phone! Sometimes just having your undivided attention is all your child is looking for on a really tough day!



For more FREE resources visit us at www.kidsbridgecenter.org