

# Calming Strategies

## Preschool



### Preschoolers can...

- Begin to recognize and label their feelings.
- Begin to seek support when they feel overwhelmed.
- Communicate their distress in various ways; They may not be able to fully explain the source of their distress.
- Begin to identify what calm feels like.
- Begin to identify what they need to be calm (e.g. comforting touch, quiet space)



### We can support co-regulation by...

- Noticing, labeling and validating their emotions.
- Staying close and being present when they are overwhelmed.
- Creating a calming environment and space (e.g. calming spaces, visuals)
- Knowing what works for each individual child (e.g. snacks, hugs, books, fidgets, comfort items)
- Offering visuals to support communication.
- Providing opportunities to practice calming strategies (e.g. yoga, breathing, counting)

