

Calming Skills

For

You
&

ME



In 70 Play Activities for Better Thinking, Self-Regulation, Learning and Behavior, when providing children with information about how their brains work, we explore both their thinking skills and social-emotional skills.

Here is an activity for the children in your class or clinical practice to guide them in helping their brains to think, learn and get calm. We call it, "I'll Give This 10".



As Wendy Young of Kidlutions says, there are many times in life when we have “BIG feelings”. How we cope with and manage those feelings affects how we learn, behave and get along with others. Having a helpful cognitive strategy to cope with strong feelings makes all the difference.

In I'll Give This 10, we explain to the children that experiencing feelings is an important part of life. When we experience our feelings, we can feel them fully, yet we need to be able to metabolize our feelings so that we can move through them and not get stuck in them. Allowing yourself to feel and then move through a feeling is what makes you a robust person. We want to feel our emotions; we just don't want to be prisoners of them.

THINK   **LEARN**



In I'll Give This 10, we learn how to recognize that when we are having BIG feelings, we name them and then tell ourselves how long we plan to experience these BIG feelings. We usually choose to “feel our emotions” for 10 seconds, 10 minutes, or 10 hours. Of course, this “rule of 10” is a cognitive construct, it could be 2 minutes or 27 minutes.

Yet, children get “10,” so it is a wonderful starting point to help a child to determine:

1. “HOW BIG is this feeling?”
2. “HOW LONG am I going to let this feeling determine my thoughts or behaviors?”

I'll Give This

10!

Kids! We all have BIG feelings sometimes. Some experiences bring us feelings of frustration, anxiety or anger. Let's talk about times when we might make a decision about how long we will be "in" our feelings and when we will choose to let them go. Will we be "in" our feelings for 10 seconds, 10 minutes or 10 hours? You decide.

a. If you waited in line for an ice cream cone and when it's finally your turn, you learn they are out of vanilla ice cream, you might say to yourself, "That is super frustrating. I was so hungry for a vanilla cone. I'll give this 10 seconds and then ask for a chocolate one."



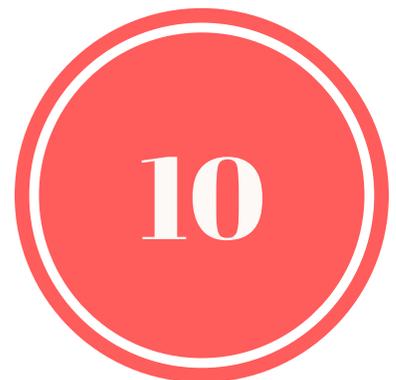
THINK >>> LEARN

I'll Give This

10!

b. If you get dressed to go surfing with your mom, then learn that she planned a day at the zoo, you can say to yourself, “I’d much rather go surfing. I’m gonna feel disappointed for 10 minutes, then I’m gonna think about which animals I want to see at the zoo.”

c. If you get mad at your dad because he won’t let you go on a holiday with your best friend, you might tell yourself, “I am so upset! I have a right to my feelings. I’m gonna stew in this one for a while. I’m gonna give this 10 hours, then I’m going to let it go.”



Now it's your turn!

Write a few words or tell about a time when you had BIG feelings.

What were you feeling?

Imagine that you chose HOW LONG you'd feel your BIG feelings what would that "look like"?

You can use the 10's below to remind yourself, "Feel it, then let it go."

Seconds



Minutes



Hours

