Make a positive ideas jar!

Even when doing something fun, children can have big feelings. Children can feel....

Frustrated when they lose a game
Sad when they cannot play with friends
Upset when they have to go to bed
Worried about making a mistake

When your child has big feelings, take a slow deep breath together, then pick an activity out of your positive ideas jar.

Sing your favorite song
Stretch 5 times
Do a silly dance
Tell a funny story
Color together
Pick the next game to play
Read a favorite book
Say something kind about someone
Take 3 more slow deep breaths