

Day Early Learning

EARLY LEARNING INDIANA

At Early Learning Indiana, our mission is to ensure children throughout Indiana are empowered with essential skills to thrive in kindergarten and beyond. Each day your Day Early Learning student is in our care, they are participating in classroom activities that prepare them for this upcoming transition. Because this is such an important time for their development, we encourage you to continue their preparation at home with this activity.



KINDERGARTEN READINESS



Series Activity #2: Calm-Down Place

This activity will help your child recognize when they are experiencing strong emotions and show them methods to calm down. Emotional regulation is one of the most important skills to develop before entering kindergarten.

1. Using the back of this page, lead a discussion with your child(ren) about ways to calm down when they are feeling upset or angry, write down your child(ren)'s ideas and add your own. Some ideas could include: listening to calming music or counting to five and taking deep breaths.
2. Work with your family to establish a calm-down place in your home where your child(ren) can cool off, relax or take a break when they experience intense emotions. Using materials such as a rocking chair, bean bag, pillow, couch cushions or blankets, create a space to sit or lay down. Add a basket or other container for soothing items like a music player, fidget toys, favorite books, and coloring supplies. Incorporate the ideas your child shared with you.
3. Show your child(ren) the "calm-down place" and invite them to visit it whenever necessary. Post the back page of this worksheet somewhere in your new "calm-down place" to serve as a reminder.

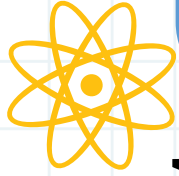
Additional tips for fostering social-emotional wellness:

- Encourage your child to talk about their feelings throughout the day in order to make them aware of what they are feeling when they are happy, anxious or frustrated.
- When a conflict arises, wait until your child is calm before addressing the issue. Help them recognize and manage any strong feelings they may be having. Use the calm-down place as a way to redirect your child who may need to take a break.



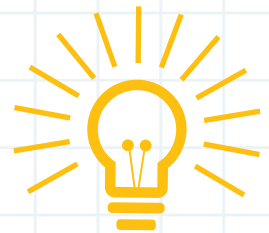
1, 2, 3, READY, SET, GO!





Activity #2: Calm-Down Place

Ways to Calm Down



WE CAN'T WAIT TO SEE YOUR STUDENT IN ACTION!

Share photos with us by texting them to 855-379-3471 or post them on social media and tag @DayEarlyLearning.
By submitting your photos, you're giving us permission to share them on social media and use them in any other materials.