



little ones
Life Coach

Gentle Ways to Help Your Child Calm Their Nervous System

- ✦ Big feelings mean a busy nervous system.
- ✦ Your child is not “too much”.
- ✦ Their body is asking for safety.

Before teaching. Before correcting. We calm.

1 Hum & Breathe Together

- ✦ Inhale for 4
- ✦ Hum slowly as you exhale for 6
- ✦ Place a hand on your heart.

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Before correcting.
We calm.



3 Calming Scents

- Try: Lavender
- ✦ Orange peel
- ✦ Fresh air outside
- ✦ Warm cocoa

Pair with one slow breath in ... and out.



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4 5-4-3-2-1 Grounding

- ✦ Ask gently:
- ✦ 5 things you can see
- ✦ 4 things you can touch
- ✦ 3 things you can hear
- ✦ 2 things you can smell
- ✦ 1 slow breath



5 Shake It Out

- ✦ Jump:
- ✦ Shake arms and legs
- ✦ March like a soldier
- ✦ Dance wildly for 1 song

Energy out = calm in.



6 Temperature Reset.

- ✦ Splash cool water on the face
- ✦ Hold an ice cube
- ✦ Wrap hands around a warm mug
- ✦ Use a warm flannel on the neck.



9 Laugh, Sing, Move:

Joy is regulation.

- ✦ Sing loudly
- ✦ Make silly noises
- ✦ Tell a ridiculous joke
- ✦ Dance in the kitchen.

Connection brings the body back to balance.



11 Name the Feeling:

- ✦ “It looks like your body is feeling really overwhelmed.”
- ✦ “I’m here.”

You don’t have to do this alone.

Their body begins to match yours.

