

Home Activity Cards



Cool Down Box

Learning to self-regulate affects a child's development in all domains and will help their ability to thrive in the world long term. Children are not born with the ability to self-regulate so it falls on the adults in their lives to show them. How can we help our children learn to regulate their emotions? Create a Cool down box together and post pictures to share using the hashtag #grow2gether

One key milestone children achieve in their early years is learning to regulate their emotions. Learning these skills will help interactions with family and friends, school performance and their ability to function in the world around them.

Invite your child to create a cool down box with items they can use to calm their bodies when they are feeling big emotions. In your box, include different small sensory objects for your child to hold and manipulate while they are trying to calm their minds and bodies. Include something soft, squishy, Legos or blocks to manipulate and an item like bubbles to help them breathe.

Model how to use the objects in the cool down box when your child is calm and talk with them about their emotions. When a big emotion arises your child will know what to do!

Learning on the Go!

- Going on a playdate? Use this time to talk about emotions with your child. Point out when they are happy or upset. Help your child label their emotions when interacting with others.
- When watching TV or reading stories, encourage your child to think about the characters and label the emotions they might be feeling.



Share with us! We would love to see how you did this activity.
Use the hashtag #grow2gether so we can find it!



#grow2gether

