



## HELLO PARENTS,

Teaching your child to cultivate their own calmness during times of challenge is a skill which they will surely use throughout their lifetime. During the COVID-19 pandemic children have undergone life changes, and new challenges. It is very important to help your child cultivate self-regulation skills, so that they may overcome conflict, and find harmony when they feel an array of emotions. Throughout this newsletter, you will be provided with activities that will help your child find calmness and peace.

## ACTIVITIES

### INFANTS (3 -18 MONTHS)

#### PEACE IN PARENT'S ARMS

##### DIRECTIONS:

- When your infant cries, your first instinct may be to hold and rock them. Rocking an infant helps them feel secure and therefore has a calming effect.
- Here are some steps to remember when rocking an infant:
  - Pay attention to your infant; know the rocking moves that calms them. For example, side to side, back and forth etc.
  - Keep your infant close to your body and be present. For example, maintain eye contact.
  - Be steady and consistent with the beat of the rocking.
  - If rocking is not calming for your infant, try singing a soft song and moving to the beat.

[Click here](#) to listen to "Relaxing Music" for your infant.

### TODDLERS (19 MONTHS – 2.5 YEARS)

#### CALMNESS THROUGH PAINTING

##### MATERIALS:

- Foaming shaving cream
- 3-4 different colours of paint
- Tray
- Fork or popsicle stick
- Optional: white paper

##### DIRECTIONS:

- Place a tray in front of your child. If the weather is warm, you may take this activity outside.
- Squirt the foaming shaving cream on the tray, and then let your child spread the shaving cream all over the tray with their hands.
- Have your child squirt different coloured paint onto the shaving cream, and encourage them to swirl the paint into the shaving cream.
- Once they have swirled the paint, give your child a fork or popsicle stick to continue the swirling.
- Optional:
  - To save your child's art, help your child carefully place a white sheet of paper onto their shaving cream paint, and let them press the paper down all over the tray.
  - Peel the paper off, and you and your child will see the beautiful marbled masterpiece that they made!
  - Let the paper dry.

[Click here](#) to read "My Magic Breath: Finding Calm Through Mindful Breathing" by Nick Ortner and Alison Taylor.

### PRESCHOOLERS (2.5 – 5 YEARS)

#### SOOTHING RHYTHM STICKS

##### MATERIALS:

- Cardboard tubes. For example: paper towel tubes
- Cardboard
- Markers
- Beads
- Scissors
- Duct tape
- Aluminum foil
- Optional: decorative materials. For example: glitter, pom-poms, etc.

##### DIRECTIONS:

- Have your child trace and cut two circles from one end of the tube onto the cardboard to make the lids.
- Ask your child to close one side of the tube with a cardboard circle using duct tape.
- Have them tear two or three pieces of aluminum foil a little taller than the tube.

- Ask them to fold and crumple each piece of aluminum foil, weave them together, and then place inside the tube.
- Tell your child to insert the beads into the tube, and seal the end with another cardboard circle and duct tape.
- Encourage your child to decorate the tube.
- When your child is finished decorating the tube, tell them you have made a rhythm stick! Encourage your child to flip the rhythm stick upside down to hear the rhythm inside the tube!

[Click here](#) to make "A Jar Full of Feelings!"

### JK/SK (4 – 6 YEARS)

#### CALMING BIN

##### MATERIALS:

- Bin
- Your child's favourite calming toys and materials. For example: bubbles, playdough, a notepad and coloured pencils, a blanket, etc.

##### DIRECTIONS:

- Ask your child to gather a few of their favourite toys and materials. Put them inside the bin.
- Insert several calming items inside the bin.
- Place the bin where your child can easily access it.
- Encourage your child to use their calming bin for 10-30 minutes each day, or when they feel that they need calming. The more they use the bin when they are calm, the more they will use it in moments of dysregulation.

[Click here](#) to listen to and watch "Yoga for Kids!"

### SCHOOL-AGERS (6 – 12 YEARS)

#### AT PEACE WITH MY HOBBY

##### MATERIALS:

- Paper
- Pencil

##### DIRECTIONS:

- Developing a hobby is a great way to express yourself. Spending time on an activity that you enjoy will help you feel happier and more relaxed.
- On a piece of paper, write down a list of interests that you would like to develop as a hobby. This may include: knitting, reading, playing sports, exercising, gardening, cooking, etc.
- Once you are finished, analyze and configure each interest for its overall benefit.
- Remember, by developing a hobby you learn new skills, nurture creativity, and build your self-esteem.
- Number your interests, "1" being the interest that you would like to accomplish and develop as a hobby first.
- When you have finished, set a goal to do this activity at least once a day for 30 minutes to 1 hour. As days progress, you will find yourself more at peace when you spend time on your hobby.

[Click here](#) to listen to "Belly Breathing: Mindfulness for Children".



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada

#### A TIP FOR TODAY

- Encourage your child to be calm by being calm yourself. Try to phrase words and actions in a positive way.
- When your child is exhibiting dysregulation, remember that they are still learning how to control their emotions.
- Teach your child calming techniques. For example: yoga, meditation, etc.
- Give your child responsibility. Tasks that engage your child are very calming.
- Help your child to work through their feelings. You may calmly validate your child's emotions by saying: "I see you are upset. Let's take a few deep breaths together!"