

# Christmas Calm Down Kit

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## Important Notes:

Before introducing your child to their Christmas calm down kit and its contents, sit down with them and discuss the signs that they are beginning to feel anxious. Have them describe to you the changes they feel in their body. Ask them questions about their heart rate, their breathing, their senses, their temperature (many children describe feeling hot or cold), and any other changes they notice in their bodies as they begin to become anxious.

Next, empower them by telling them that you believe in them and think that they can learn strategies to help them cope with their own stress. You may want to tell them a few strategies you use to cope with your own stress.

Introduce the kit that you have made “just for them” and explain its contents and how each may be used when they start to feel anxious. Let them know that there may be times when they try one thing in the kit and it doesn’t seem to help, but that there are other things they can try.

All of the items and ideas in the kit should be practised with you a number of times before the child is expected to try them on their own. Until a child feels confident about their ability to reduce their anxiety themselves, you should stay nearby while they use their kit. Offer encouragement and praise, but avoid the temptation to suggest which coping strategy they should use unless you see an escalation in their anxiety and it is obvious that they need direction.

Belly  
breathe  
like  
Santa



Suck  
on  
a  
candy  
cane



Hum  
a  
Christmas  
carol



Count  
5  
snowmen



Listen  
to  
the  
jingle  
bells



Squeeze  
the  
gingerbread  
playdough



Sing  
Silent  
Night



Read  
a  
Christmas  
book



Colour  
a  
Christmas  
page



Drink  
a  
hot  
chocolate



Wrap  
yourself  
snug  
like  
a  
Christmas  
gift



Stand  
tall  
like  
a  
Christmas  
tree  
then  
melt like a snowman

