

# Friend to Friend Parent Workshop

## Helping Children With Their Feelings



## Mindfulness Strategies To Practice With Your Children

### Deep Breaths

When we are angry, our hearts start to beat very fast. Try taking 3 slow deep breaths along with your children to help them calm down.

### Counting Down From 10

Try counting down from 10 slowly with your child. This will help him or her calm down by focusing on the numbers instead of the situation that caused the expression of feelings.

### Positive Self Talk

These affirmations can help your child regulate his or her feelings. Some affirmations such as “I am going to let this go” or “I am not going to let this get to me” can be used when your child is expressing him or herself.

### Wrap Up in a Hug or Blanket

This helps relax children by letting them know they are safe and gives physical comfort.

### Squeeze a Pillow or Stuffed Animal

This provides children with an outlet to express themselves productively.

### Pace Back and Forth

This is a physical activity that will help release any pent-up energy that the child may have at the time of distress.

### Drink a Water or Warm Beverage

Just like when exercising, drinking a water or warm beverage helps children relax when they are distressed.



**Children's Hospital  
of Philadelphia®**

Center for Violence Prevention

**Friend to Friend** is a school-based intervention program designed by experts at Children's Hospital of Philadelphia to reduce relational aggression among high-risk 3<sup>rd</sup> to 5<sup>th</sup> grade girls as well as improve the broader classroom climate in urban schools. Learn more about Friend to Friend by visiting <https://violence.chop.edu>.