



it starts
within

Take a Moment

When things go wrong, slow down and use that as a chance to make a change for the better.

When we react while we are having big feelings, we might do something we regret. And just ignoring our feelings can cause us to miss a chance to change things for the better.

There are other options that can help you move forward, even when things are hard:

Take a moment
to check in with
yourself and notice
how you are feeling.

**Pause, and take a
few deep breaths.**
Remember that this
feeling is with you
right now, but it
won't be forever.

**Try to relax
your body.**
Walk away to a quiet
place if you can.

**Once you feel
more calm,**
think about the
situation and respond
if needed. If you see
something useful to
be done about how
you feel—go for it.
If not, just let it go.



LEARN MORE

PASS IT ON!

Responding when you are more calm helps you make better decisions for yourself and your family. These are also great practices to share with your children. Check out this resource for helping your child learn a strategy for calming down.



Connecticut Office
of Early Childhood