



Early Intervention Colorado
for Infants, Toddlers & Families

Calm Down Strategies for Kids
Success 2 SUCCESS

- Color or draw
- Think happy thoughts
- Talk to someone
- Take deep breaths
- Make a list of choices
- Set the timer and take a break
- Read
- Think of a pet
- Look at photos
- Use positive self-talk
- Take a walk or exercise
- Write in a journal

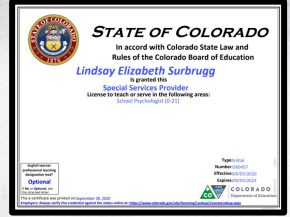
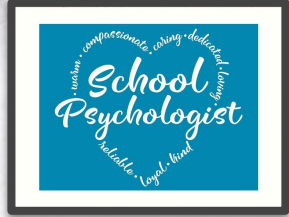
hepathway2success.com

Child Find
Make a Referral

Little Trappers
Preschool

HOMYAK PK-8

Community Resources





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Child Find
Hacer una referencia

Little Trappers
Preschool

HOMYAK PK-8

Recursos para la comunidad

Asídanos a estar Calmados
Estrategias para niños

Yo puedo...

- pagar profundamente
- comer una bebida
- hacer un dibujo
- leer un libro
- contar
- comer un alimento
- colgarse
- construir un rompecabezas
- compartir
- describir objetos
- meceos

