



## Chaplain's Chat

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### ***Greetings White Gum Valley Primary School Community,***

I hope you are having a great Term Two so far!

I would like to share with you some ideas on self-calming techniques that you can do and share with your children. Self-calming techniques are a great tool to have in our tool belt. Since we are nearly drawing to a close this term, it's probably a good time to go over this with your children.

Good mental health helps children to positively engage with work, activities, and their social life. Healthy mental health can help a child problem solve, be flexible, manage day to day stresses, be resilient when things change and feel connected to others. Self-calming techniques help in that ability to self-regulate our emotions which leads to better mental health. If students use self-calming techniques, they are better able to respond to their emotions/identify them, know how their body works, and can adjust their behaviour.

Here are some self-calming techniques:

#### **Helping children calm down: five steps**

Here are five easy steps to help your child calm down from strong emotions:

1. Notice and identify the emotion.
2. Name and connect the emotion.
3. Pause and say nothing.
4. Support your child while they calm down.
5. Address the issue

I have also attached some worksheets that can be used as well that I find our helpful for self-calming.

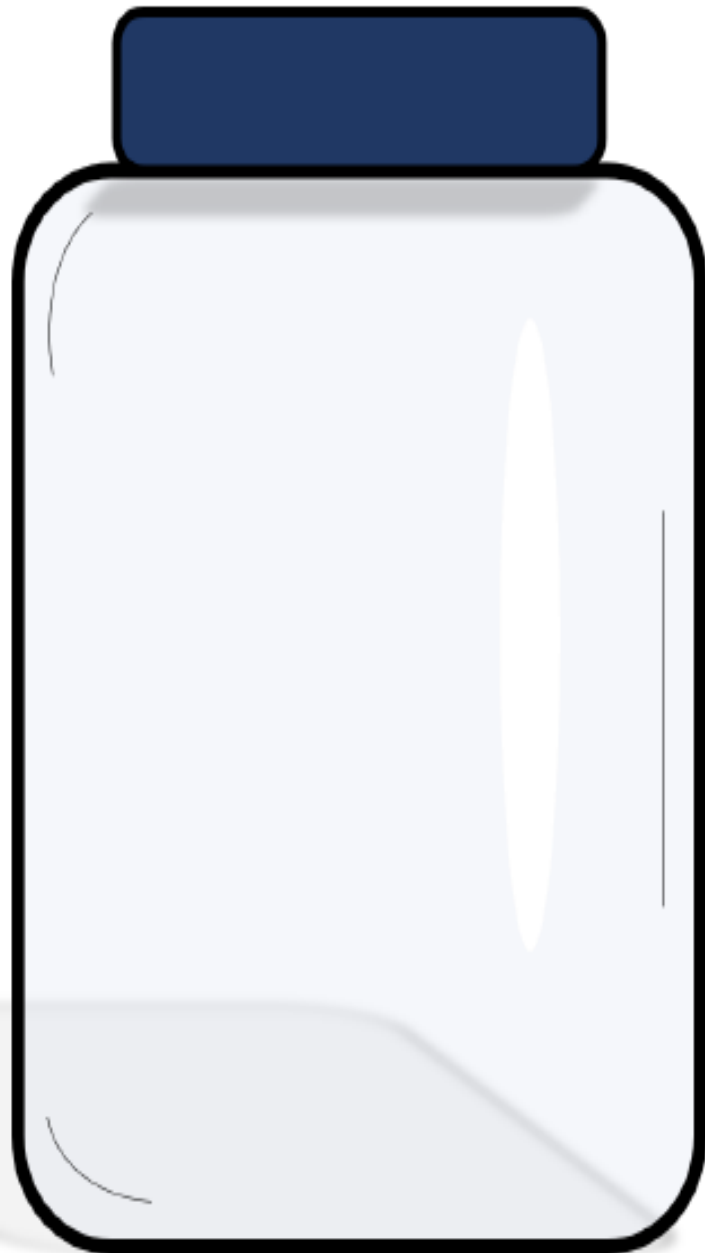
I hope you all have a wonderful school holidays, from your Chappy!

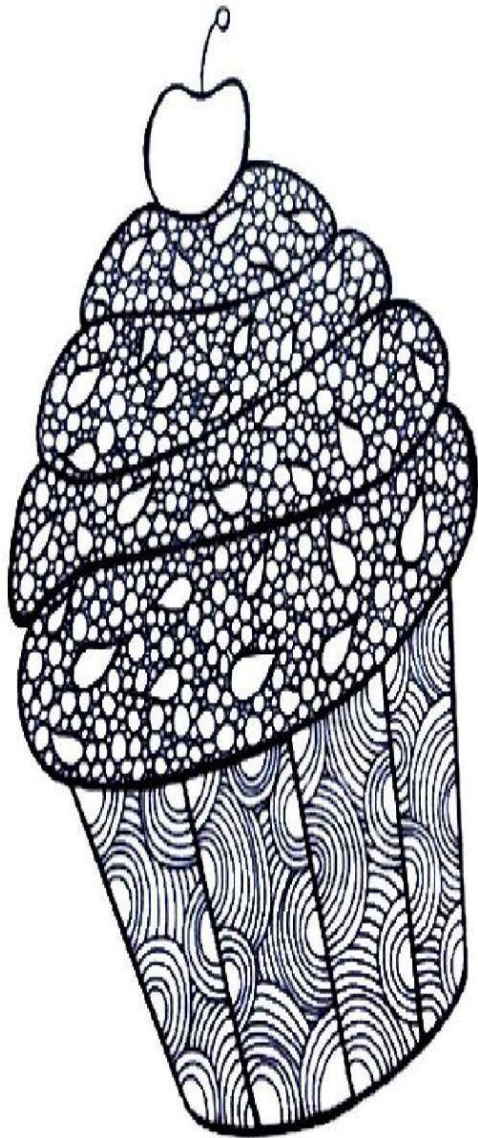
Miss Eva

# Worry Jar

A Worry Jar is a helpful way to decrease your anxious thoughts and worries. Placing your thoughts in the jar will help get them off your mind, at least for a little while. What are some things that you'd like to stop worrying about for now? Write them in the jar below!

**IT CAN BE  
HELPFUL TO  
PICK A TIME  
DURING THE  
DAY - AND  
ONLY THAT  
TIME - WHERE  
YOU ARE  
ALLOWED TO  
GO BACK INTO  
THE JAR AND  
WORRY ABOUT  
THESE  
THOUGHTS.**





People who help me:

# MY COPE-CAKE

Things that help me feel calm:

Places where I feel calm & safe:

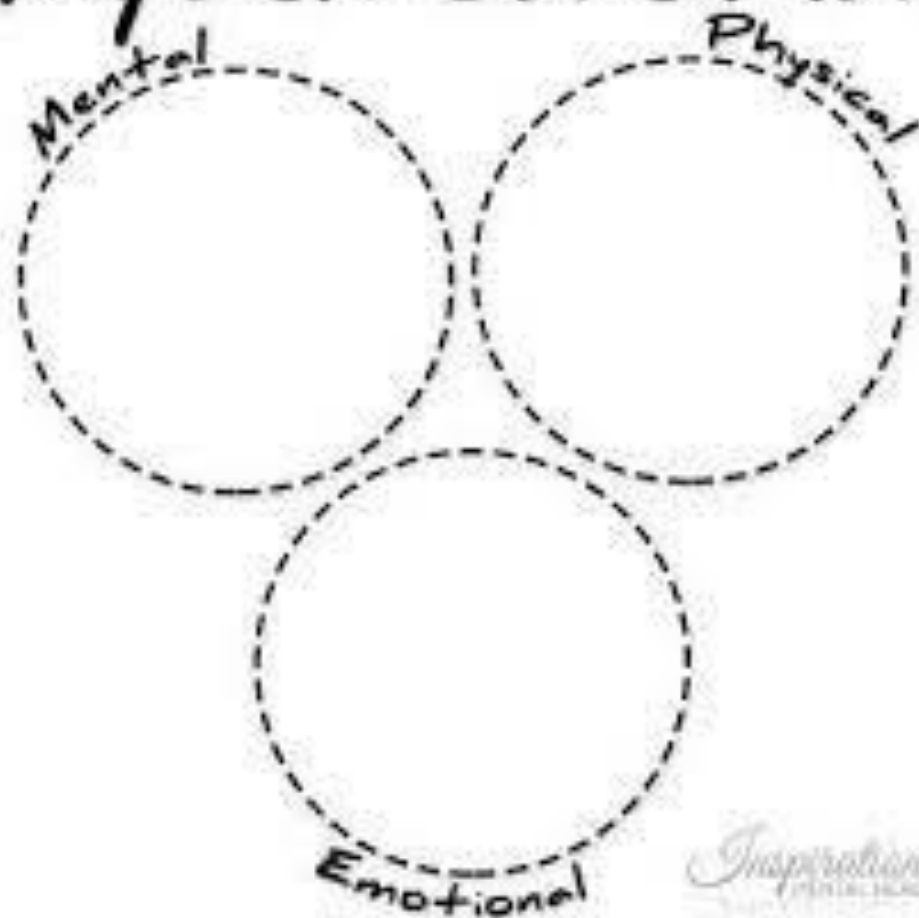
I am:

Positive thoughts:



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# My Self Care Plan



*Inspirational  
Printables*