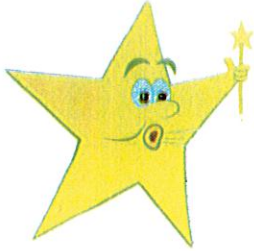




COMPOSURE and the power of PERSPECTIVE

Breathe:



S.T.A.R.

Smile, Take a deep breath And Relax.
Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.

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Love Ritual:



- ♪ **Twinkle, twinkle little star,**
Touch child's fingers, wiggling them.
- ♪ **What a wonderful child you are.**
Bring arms down to gently rest on child's shoulders.
- ♪ **With bright eyes and nice round cheeks,**
Touch child's eyebrows and cheeks.
- ♪ **A talented person from head to feet.**
Touch child's head and feet.
- ♪ **Twinkle, twinkle little star,**
Touch fingers, wiggling them.
- ♪ **What a wonderful child you are.** Hug.

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Active Calming

We achieve composure through active calming when we're upset. Active calming has three basic steps:

1. Take three S.T.A.R. or other deep belly breaths.
2. Reassure yourself, "I am safe, keep breathing, I can handle this."
3. Wish Well. Wishing well is seeing the preciousness of the other person. It is opening your heart and letting love flow to the other individual. This changes the way you view the interaction and helps you see from their perspective.

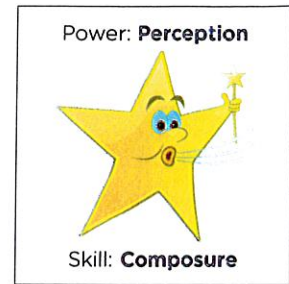


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Active calming for yourself

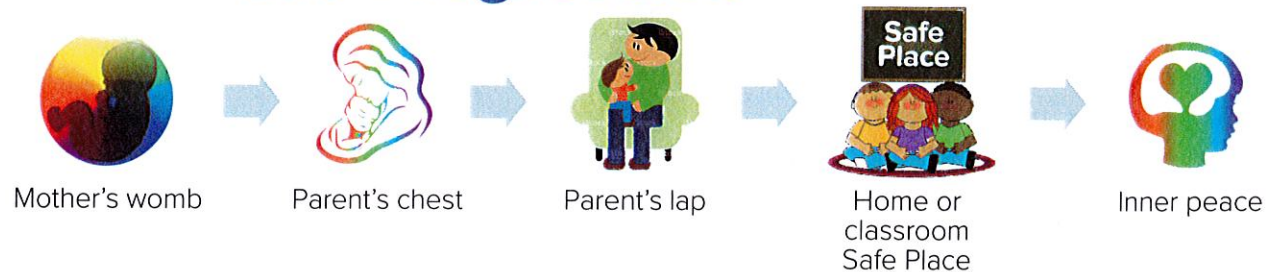
- Step 1:** Take three deep breaths to calm yourself.
- Step 2:** Affirm, "I'm safe. Keep breathing. I can handle this."
- Step 3:** Wish well.



Active calming for an upset child

- Step 1:** Do the active calming process for yourself.
- Step 2:** Hold, rub, rock or sit beside the child, depending on what the child finds most soothing.
- Step 3:** Continue breathing deeply.
- Step 4:** Say, "You're safe. Breathe with me," and continue breathing until calm.

Safe Place Progression

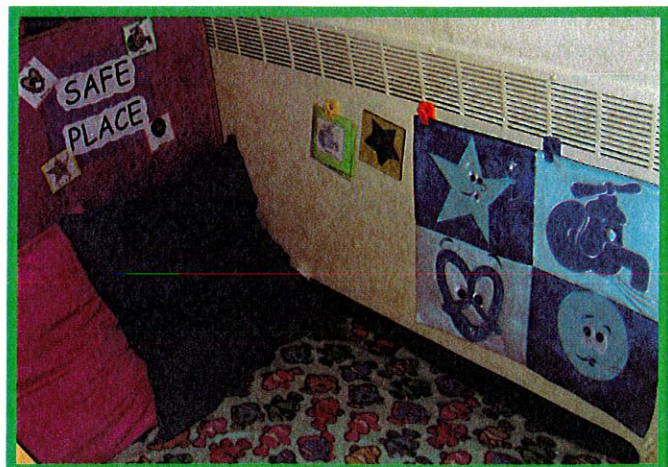


Safe Place Tools by Age

Infant: The adult is the Safe Place. Breathe deeply, hold the child to your chest and focus on calming yourself.

Toddler: Breathe to calm yourself and hold the child while you continue breathing deeply. Say, "You're safe. Breathe with me." Teach the child to smell the flower, blow out the candle, and to S.T.A.R. **S**mile, **T**ake a deep breath **A**nd **R**elax.

Two years and older: Begin teaching the four active calming techniques, S.T.A.R., Balloon, Drain and Pretzel. Set up a Safe Place in your home, and continue to use yourself as a Safe Place whenever needed.



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