

5 Ways to Help Your Kids De-Stress



Slow Down 1

Take a distraction-free break; try lying on your back, or sitting still with your eyes closed, and simply **inhaling and exhaling** for one minute.

Express Emotions 2

Help acknowledge kids' feelings with statements like *"Are you angry because...?"* or *"I see that you are getting frustrated, how can I help?"*

Offer Security 3

If kids realise they have a safe, non-judgmental space to return to, they'll have more confidence to **try new things and take risks**, without being swallowed by anxiety or stress.

Positive Reinforcement 4

A great way to acknowledge and encourage your child to repeat a desired behaviour. A simple *"Good job!"* or high five, or *"Wow, I see you putting in lots of effort!"* can all build confidence.

Help with Chores, or Exercise 5

Both are good physical outlets for **channeling energy and focusing on a task at hand**, with a positive outcome and sense of accomplishment at the end of the task.