



The Calming Kit



Let's reduce anxiety and trauma in children's lives! Let's teach children about their feelings and emotions, and how to manage them in a positive way!



THE CALMING KIT STORY

As the prevalence of school shootings, school expulsions, and diagnoses of childhood anxiety have risen throughout the years, *The Discovery Source* founder Dave Scahill became increasingly concerned—and saddened—about the impact that unaddressed mental health issues were having on children in their teenage years. As he saw children struggling to navigate a world that is increasingly over-stimulating and stressful, Dave made it his mission to reduce their anxiety.

The Calming Kit is a child-friendly teaching tool designed to support teachers as they help children learn essential strategies to identify and regulate the “big” feelings and emotions that are critical to their success in school and in life.

Knowing that early childhood is the best time to create a good foundation for positive mental health habits, the Santa Clara County Office of Education's Director of the Inclusion Collaborative was conducting workshops around strategies for calming children.

The Collaborative approached Dave and *The Discovery Source* to work together to create an effective solution for children and teachers. The result? *The Calming Kit!*



THE CALMING KIT BENEFITS

Create Calmer Classrooms

Children will learn calming strategies that allow them to both understand and regulate their emotions effectively—how to successfully interact with peers, lower their feelings of stress, and be better prepared to engage and learn in the classroom by understanding their feelings and asking for help.

Supports Social-Emotional Competence

Developed in partnership with noted child development experts and based in part on the Center on the Social and Emotional Foundations for Early Learning's Pyramid Model.

Affordable and Easy to Implement

This innovative—and affordable—tool helps teachers create a calmer, more harmonious classroom with engaged learners, with little set-up time and no additional training.

WHAT COMES IN THE CALMING KIT?

The Teachers Facilitation Guide

Focuses on children's emotional development and self-regulation skills; Teachers are given an easy to implement guidebook for teaching these strategies and skills essential for a creating a peaceful and happy classroom.

The Feelings Wheel

Helps children identify their feelings and engages the thinking part of their brain, which can then lead to self-regulation

Five Breaths Visual Support

Taking deep breaths and blowing out will stimulate the parasympathetic response in our bodies, which decreases oxygen consumption, slows down heart rate, decreases blood pressure and muscle tension and calms the mind.

Calm Down Social Book

A Calm Down Social Story supports the calming process by providing step by step information of the process, using pictures and offering choices.

Calming Strategy Cards

17 Calming Strategy Cards provide visual options and choices of activities giving children multiple options for calming themselves.

"Perhaps I'll Be an Orpple" Story Book

Provides lessons about being unique, special and respecting all others (book is in English only)

Self-Talking Phones

Are great for children to talk to themselves and processing their feelings, is soothing and helps children calm down



Squeeze Balls

When you are stressed or upset, your limbic brain is stimulated, often giving bursts of fight or flight energy. Squeezing and/or pushing/pulling activities will help reduce that energy in your body.

ALSO AVAILABLE:



Family Calming Kit -

A child-friendly teaching tool designed to support Families as they help children learn essential strategies to identify and regulate the "big" feelings and emotions that are critical to their success in school and in life.