

Payson City Library

DIY Storytime

Let's Calm Down!

Here are some songs to sing together:

Calmer Me

(Sing to the tune of "Row, Row, Row Your Boat")

Calm, calm, calm my mind,
I know what I can find...
Happy thoughts and sunny walks,
My thoughts are always mine!

Calm, calm, calm my mind,
I know what I can find...
I am happy to be me,
My thoughts tell me I'm fine!

If You're Angry and You Know It

(Sung to the tune of "If You're Happy and You Know It")

If you're angry and you know it, count to ten.
If you're angry and you know it, count to ten.
If you're angry and you know it, that's OK, you can control it,
If you're angry and you know it, count to ten.

This song can be sung again and again by filling in any ways that you use at home to help your child calm down. Here are some ideas: "walk away," "go outside," "blow it out," "just relax," etc.

Pick up a calming bottle and lacing beads at the library!



VIRTUAL READ ALOUD of Favorite Books

A World of Pausabilities

by Frank Sileo

Some questions to ask during or after the story:

- What can you do when you feel big feelings like mad, sad, or worried?
- What do you like to do when you need to feel better? What makes you happy?

When Sophie Gets Angry – Really, Really Angry

by Molly Bang

Some questions to ask during or after the story:

- How do you feel when you have to take turns but don't want to?
- What is okay to do when you feel angry? What is not okay to do when you feel angry?

Want to read another story about learning to calm down? Check out "1-2-3 A Calmer Me" by Colleen Patterson and Brenda Miles. Place it on hold by clicking [here](#).

Let's Calm Down!

Here is an activity for the whole family:

Listen to some songs together!

Emily Arrow writes songs based on children's books. Here are two songs based on books by Susan Verde about learning to calm down:

"I Am Peace" [Click Here](#)

"I Am Yoga" [Click Here](#)

The PBS show *Daniel Tiger* has several songs to help learn self-regulation strategies and deal with big feelings. Check out some of these songs here:

Feeling Mad: [Click Here](#)

Taking Turns: [Click Here](#)

Waiting: [Click Here](#)

Do some breathing exercises!

Here are some fun breathing exercises to do:

The Flower Breath: *Imagine smelling a flower. Breathe in through your nose, out through your mouth.*

The Bunny Breath: *Take three quick sniffs through the nose and one long exhale through the nose.*

The Snake Breath: *Inhale slowly through the nose and breathe out through the mouth with a long, slow hissing sound.*

Blow Out the Candle: *Imagine a birthday candle. Take in a deep breath through the nose and then exhale through the mouth to blow out the candle.*

[Click here](#) for more ideas

Source: [Kindercare](#)



Parent Tip:

Self-regulation is a "foundational skill of early childhood." Children need to be *taught* how to deal with their big feelings. Tantrums and outbursts are your child's way of expressing how they feel. When this happens, you can guide them toward other methods to express their feelings and calm down. Remind them that it is okay that they feel the way they do and help them practice self-regulation skills such as: taking deep breaths, going outside, listening to music, or doing a calming activity such as a calming bottle or lacing beads (both provided to you as this week's craft kit). For more information about self-regulation, [click here](#).