

# Spit Happens

Episode recap of activities that will help regulate emotions in children.

**Mirror Neurons-** You stay calm and understand your child could be reacting from a place of fear.

**Progressive Muscle Relaxation-** Squeeze the Lemons



Turn the Lemons to Lemonade

1. Label feelings on lemons
2. Squeeze the lemons and relax – Feel the feeling then let it go
3. Add the water and sweetener
4. Talk about being grateful for the sweetener and what other things can we be grateful for
5. Drink the lemonade and talk about how we think of the situation in a more positive light.

## Sensory Distraction

Rainbow Llama ROYGBIV

1. Take a deep belly breath and blow out through your lips
2. Name everything you see that is red
3. Take a deep belly breath and blow out through your lips
4. Name everything that is orange.

How big is your worry? Pick a color to describe your worry and color Super Llama as big worry.

