

# Be a Youth First Family

*Resources from Youth First Social Workers and Programs  
for parents and caregivers to use in the home.*

## Practice Self-Care

### Calm-Down Kit

Self-regulation involves learning how to control your own behavior, emotions and thoughts. Really this means learning how to calm down or self-soothe.

This is a skill we each have learned over time and that looks different for each of us. You might find yourself taking several deep breaths, sighing when you are feeling frustrated or scrolling through social media when you feel overwhelmed by a problem you don't want to face. Children need help in developing this skill, and that is where a calm-down kit can help.

For this activity assist your child in identifying things that help them calm down and then put them into a box that is easily accessible to the child.

Suggestions for the box include:

- Playdoh
- bubbles
- stress ball
- fidget toys
- favorite stuffed animal
- pictures of the people they love
- earplugs
- scented candle
- coloring crayons and paper

Encourage your children to use the items in the box when they feel scared, frustrated or overwhelmed. Afterwards talk about how they were feeling and what was most helpful to them.



#### **About Youth First, Inc.:**

*Youth First's mission is to strengthen youth and families through evidence-based programs that prevent substance abuse, promote healthy behaviors, and maximize student success. Youth First partners with 81 schools across 10 counties to provide 60 Master's level social workers who assess needs, develop and implement prevention plans, and connect students and their families to community resources. Youth First also offers afterschool programs involving parents and caregivers to strengthen families. For more information about Youth First, please visit [youthfirstinc.org](http://youthfirstinc.org) or call 812-421-8336.*