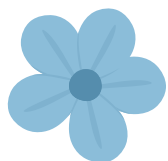


Little Tools for Big Feelings

Help on Hooves
Martin Rd.
Milton, FL 32570
P: (850) 816-0632
F: (855) 595-1019

These activities help children learn early coping skills to manage big emotions such as frustration, sadness, excitement, and overwhelm. Skills are taught through play, movement, and simple routines.



Breathing Activities

Helps slow the body and reduce the stress

How to practice:

- Smell the flower, blow out the candle
- Blow bubbles
- Take big “bear breaths”

Deep Pressure Activities

Provide as calming input and helps the child feel safe

How to practice:

- Hugs or gentle squeezes
- Rolling up in a blanket like a burrito
- Squeezing a stuffed animal



Heavy Work Activities



Helps organize the body and organize the nervous system

How to practice:

- Crawl, climb, or crash into pillows or the couch
- Push or pulling activities
- Carry heavy toys or books

Expressing Feelings Activities

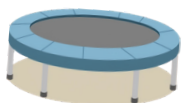
Builds emotional awareness and communication

How to practice:

- Label emotions during the day
- Use simple words: happy, sad, mad, scared
- Use books, pictures, or mirrors



Movement Break Activities



Helps release energy and supports regulation

How to practice:

- Jump, shake, or wiggle
- Dance to music
- Do animal walks like a bear walk, crab walk, or frog jumps

Practice these skills when your child is calm so they can use them during difficult moments. Keep activities short and playful, and model the skills while offering simple choices. Stay calm and consistent and your support helps your child learn to manage big feelings.