FAMILY TOOLKIT

Life Tools for Littles



BELOW ARE SIMPLE TOOLS YOU CAN USE AT HOME EVERY DAY!

Settling In

Help your child calm their body and mind.

Try this:

- Take slow, deep breaths together
- Do “hand breathing” (trace fingers while breathing)
- Pause and notice: What do you see, hear, or feel?

Use when: Upset, overwhelmed, or needing focus

3 Good Things

Build happiness and positive thinking.

Try this daily:

- Share 3 good things from your day
- Ask: “What made you smile today?”

Why it works: Helps the brain focus on positives

VIVID

- **Valuable** – You matter
- **Imperfect** – Mistakes are okay
- **Vulnerable** – It’s okay to share feelings
- **Immature** – You are still learning
- **Dependent** – It’s okay to ask for help

“Thinking Brain” vs. “Feeling Brain”

- **Feeling brain** = reacts quickly
- **Thinking brain** = helps make good choices

Try this:

- Ask: “Is your thinking brain or feeling brain in charge right now?”

Anger Plan (Stop–Breathe–Break)

When feelings get BIG:

1. **STOP** – Notice your feeling (rate it on scale of 1-10)
2. **BREATHE** – Take slow, deep breaths
3. **TAKE A BREAK** – Go to a safe place

Create together:

- A safe space at home
- A list of calming choices

Feelings: Own It & Rate It

Help children express emotions clearly.

Try this:

- “I feel ___ because ___.”
- “It is a ___ (0–10).”

Example:

“I feel mad. It’s a 7.”

Making a Repair (Fixing Mistakes)

We all make mistakes—and we can fix them!

The 3 A’s:

- **Admit** – “I did it”
- **Apologize** – “I’m sorry”
- **Amend** – “How can I make it better?”

Perspective Taking

Think about how others feel.

Try this:

- Ask: “How do you think they felt?”
- Share your own feelings as a model

OTHER HELPFUL THOUGHTS

Body Clues (Mind-Body Connection)

Our body gives us signals!

Notice:

- Fast heart, sweating = need to calm down
- Relaxed body = calm and ready

Ask:

- “What is your body telling you?”

Simple Daily Routine at Home

Try this quick check-in each day:

1. Share **1–3 good things**
2. Talk about **a feeling**
3. Practice **breathing or calming**
4. Encourage **kind choices or Repairs**

Final Thought for Families

Your child is learning skills that will last a lifetime. The more these tools are practiced at home, the stronger they become.

Simple support makes a BIG difference:

- **Listen**
- **Validate feelings**
- **Practice together**
- **Encourage effort**

