

5 Techniques to address tantrums PROACTIVELY

1

Teach Emotional Vocabulary

Help name feelings. High energy, low energy / Pleasant, Unpleasant. Use the alert level zones to help children identify what they are feeling.



2

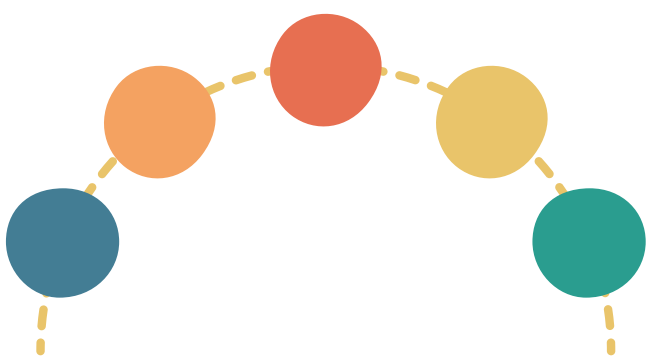
Create A Calming Corner:

Set up a space with books, soft pillows, and sensory items where your child can go to calm down when feelings get too big. Let them help set this up so they own it.

3

Practice "Chill Skills":

Practice mindfulness techniques during non-tantrum times so that they are more readily available to use when upset.



4

Offer Choices:

Empower children with decision making to help them feel in control. "Would you like water or juice to help you feel better?"

5

Use Visual Skills:

Have charts with emotions or a step-by-step guide for calming down. These can help children learn without the added auditory stimulation that may overwhelm them.

