

A Guide for Caregivers on *Big Change* & *Big Feelings*

When your little one is
seeing **red** or feeling **blue**,
Cai & Kate can help you
through!





A Guide for Caregivers on Big Change & Big Feelings

Friends & Hatchlings,

Glad you are here. First things first - let's get to know each other! Cai & Kate, is a YouTube show geared toward young children to help them and their grown-ups learn Chill Skills™ for when they experience big feelings. On this page, you will find a QR code to take you to the channel (make sure to click "subscribe" to support the growth of our channel)!

Within this guide, Cai will walk you through some of the Chill Skills™ he and Kate use. The guide will also offer tips & tricks for when to use these skills as you navigate the school year.

Adjusting to change can be hard! It can bring on feelings of anxiety or symptoms of stress. This is true at any age. Raising little ones can be challenging at times, but we can use tools to help. These tools, or Chill Skills™, can help us self-regulate and not only face our stressors, but allow us to experience joy throughout the inevitable changes.



Use Your Skills, Keep it Chill™

Your Friends & Hatchlings

This guide is a part of AHN Chill Project™. We'd like to thank our partners below.





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FAQ - Here are some questions you might be having as you engage with this guide.

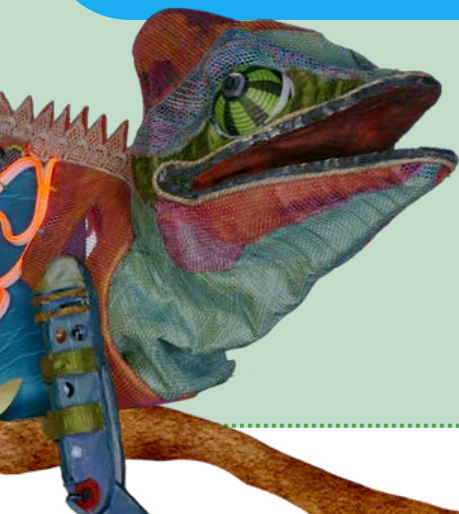
Q: How do I know if my child needs support?

A: This is a great question. When you notice your child's feelings growing bigger and bigger, doing something sooner rather than later is the way to go! Read along to learn some Chill Skills™ to help you feel prepared.

Q: Ok, I tried...and it did not work. Now what?

A: For Chill Skills™ to work, we must *practice* them! You might notice that sometimes the skills might be helpful, while other times they do nothing. This is normal! Take a moment when you have some quiet time to think about what happened. Ask yourself...What worked about it? Is there anything I could try differently if it happens again?

It can be tough, but don't give up. Just like learning anything new, it's going to take a few times before it sticks!





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Q: What is the best way to teach Chill Skills™?

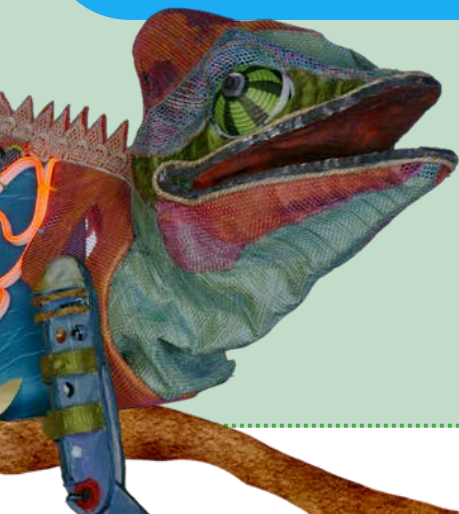
A: Consider watching the videos together. Learning and practicing the skills with your child will make learning fun! Not to mention, Chill Skills™ are just as much for grown-ups as they are for kids.

Pro tip - As you practice new Chill Skills™, keep a little list of the names of them in your phone or bag/wallet. This way you can practice using them on the fly!

Q: If they start to use the skills on their own, am I done?

A: Just like adults, kids love praise! If you catch your kids using Chill Skills™ on their own, make sure to celebrate it! It wouldn't hurt to chat with them about it too. Asking them *why* they used their skills is a great way for kids to build understanding that they can do something about their feelings!

***Check out Episode 6!
It is jam-packed of review games, to keep the skills fresh in their minds.***





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Cai & Kate Episode 8

Tip #1: Shake Shake Water Break

Water is a great tool to flush the big feelings out of our bodies. Slow your body down by taking a sip of cold water with your child! Ask if they can drink it nice and slow, to see if they can feel it travel all the way to their belly! You could even have them shake their bottle to listen to the sound it makes.



Cai & Kate Episode 3

Tip #2: Music Moment

There is no denying that music connects us to our emotions and memories. Have a little playlist of your child's favorite songs. A music break could be the perfect distraction for your child to regain control of their body. Once you find a comfortable place, let the jam session unfold!



Cai & Kate Episode 1

Tip #3: Bubble Breathing

Tap into your little's imagination by using Bubble Breathing. This Chill Skill™ is a tool that can help slow our bodies down to reset. Start by holding an imaginary bubble wand. Count out loud with your child as they breathe in through their nose for 4 seconds and then imagine slowly breathing bubbles out of their bubble wands for 4 more seconds. Repeat a few times in a row.





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Tip #4: The Big Squeeze

Cai & Kate Episode 4

Big feelings can come with lots of extra energy in our bodies. To safely use up this energy, have your kiddo hold out their hand and take a Bubble Breath (see Tip #3). Next, tell them to squeeze their hand as tightly as they can and hold it for a 5-second countdown. Once complete, gently breathe out. Repeat the same step using their other hand. This type of exercise can be used across all zones of the body, from our arms to our legs and even our face!

Cai & Kate Episode 5

Tip #5: Freeze Break

When big feelings strike, our bodies can overheat. This Chill Skill™ focuses on resetting our temperature. Grab anything that is cold (i.e. ice cube, wet cloth) and have your child hold it to their wrist, back of their neck, or forehead. Encourage them to Bubble Breathe while they pay attention to the cold against their skin.



Cai & Kate Episode 9

Tip #6: Boogie Woogie Breakdown

This skill helps kids burn energy built up in their body, while also serving as a positive distraction. Pick an upbeat tune and encourage your child to dance out their big feelings. Consider dancing with them to show them how to keep safe with their dance moves.



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Cai & Kate Episode 2

Tip #7: Happy Place

Have your kiddo think of a happy place. Whether pretend or real, ask them to describe their place in as much detail as possible. Tap into all the senses. What do they hear...smell...taste...see...feel?



Cai & Kate Episode 8

Tip #8: Countdown to Calm

Have your child practice calm and steady breathing while you count aloud up to 5 and back down again. The only catch is, while they count have them imagine each number looking different. For example, maybe number 1 shiny and gold and number 2 is zebra print!



Cai & Kate Episode 7

Tip #9: Find the Rainbow

Who doesn't love a little game of I Spy? Pick a color and ask your child to find or point out items in the room that are that color!



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Chill Check™

Below you will find the 5 steps in Chill Check™. Cut out your favorite version and take it on the go to use when needed. Younger kids can even pretend to press the Big Feelings Button™ to get them engaged. On the following page you will find an in-depth description of each skill. Find the corresponding episode to learn more.

Pro Tip: Cut out and keep in your wallet, your car, laminate and make into a keychain, or snap a picture to always have it with you.

Chill Check™

<p>Step 1: Check Body Clues</p> 	<p>Step 2: Name that Emotion & Number</p>  <p>1 2 3 4 5</p>	<p>Step 3: Pause & Hit the Big Feelings Button™</p> 	<p>Step 4: Pick a Chill Skill™</p> 	<p>Step 5: Recheck your Emotion & Number</p>  <p>1 2 3 4 5</p>
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Chill Check™



Step 1: Check Body Clues

Let's be detectives and support our child in discovering their body clues. Body clues can be anything from how our face looks to what we feel inside. If they aren't able to do this on their own, you can share what you see calmly and supportively. For example, "I'm being a detective and I noticed your body is just full of energy!"



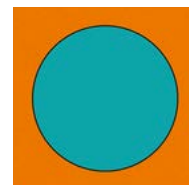
Step 2: Name that Emotion and Number

Help your child connect an emotion word to their body clues so they can begin to build their vocabulary! Ask them what they think they might be feeling and help them label it if they don't know. Next have them rate their number on the Chillmometer™! The rating scale is a 1-5, with 1 being a little bit of that emotion up to 5 being a lot of that emotion.



Step 3: Pause and Hit the Big Feelings Button™

Let's slow down and hit the Big Feelings Button in our mind. This helps us to stop what we are doing to prepare for the next step of our Chill Check™! For fun, have your child hit a pretend button in their mind or even on the tabletop in front of them.



Step 4: Pick a Chill Skill™

Support your child in practicing a Chill Skill™. Plan ahead and keep a list of the Chill Skills™ you've practiced in your phone/wallet, because it might be hard to remember in the moment. If choosing seems hard for your child, pick one for them!



Step 5: Recheck Your Emotion and Number

After using the Chill Skill™ for a few minutes, ask your child to recheck their number on the Chillmometer™. If your child still has big feelings, go back to Step 4. Consider continuing the Chill Skill™ for a little longer or picking a new one. If you see a change in their body clues, then complete Step 5 again.



