

MANAGING EMOTIONS USING CALM KITS

Family Engagement

Our **Managing Emotions Course** gives participants a basic primer on the brain science of regulation and the correct use of **sensory tools** and **calm spaces** to help students with **self regulation**. There is also discussion about how partnering with families has the greatest impact on promoting emotional regulation.

Who will benefit from the training?

- Teachers and staff looking for effective strategies to support student behavior and emotional well-being
- Having the tools in the classroom will help students who struggle with self-regulation, anxiety, or focusing on tasks

Why is this important?

- Students who can self-regulate are calmer, more focused, and more engaged in learning
- Students with better emotional regulation have stronger relationships with their peers and teachers
- A calm classroom leads to improved focus, improved relationships and academic success



Your Calm Kit May Include:

- Aroma Roller
- Sensory Brush
- Jumbo Pipe Cleaners
- Stretchy Noodles
- Play Dough
- Calm Strips
- Elasta-Bands
- Water & Oil Visual Toys
- Water Bead Bags
- ...And much more!



Take the Next Step!
go.bhssc.org/use-calmkits

