

# Calm & Connected: A Parent & Child Guide for Big Feelings

A gentle introduction to emotional regulation,  
connection, and calm – together.



## Simple, playful tools to help your child:

- Understand their emotions
- Feel calm and safe in their body
- Build skills for school, friendships, and everyday life
- Strengthen connection with you

### By Calm Cats

Supporting children and families  
with emotional, physical & sensory  
regulation



For children  
aged 3–10 and  
their grown-ups

# Welcome

If you're here, it probably means your child experiences big feelings and you want to support them in a calm, respectful way.

**At Calm Cats, we believe:**

Big feelings aren't bad

Behaviour is communication

Children learn regulation through connection, not control

**This short guide will help you and your child:**

**Learn together**

**Slow things down**

**Build calm moments into everyday life**

*You don't need to fix your child.  
You just need a few supportive tools to  
help you along the way*

# What is Emotional Regulation?

Emotional regulation is a child's ability to:

- Notice how they're feeling
- Understand what's happening in their body
- Use strategies to return to calm

Children aren't born with these skills – they borrow them from adults first.

That's why doing regulation together is so powerful.

*Regulation is learned through:*

- \* **Repetition**
- \* **Safety**
- \* **Co-regulation with a trusted adult**

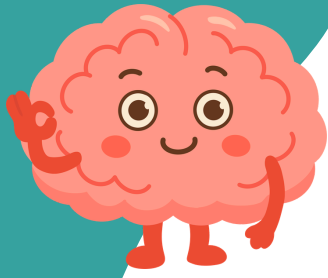


# The Calm Cats Way

At Calm Cats, we help children feel calm by using their whole body. We Practise:

- **Move – release energy, increase endorphins**
- **Stretch – release tension**
- **Breathe – slow the body**
- **Focus – bring attention back**
- **Imagine – use creativity**
- **Relax – rest and reset**

*These activities help our brains and bodies work together.*



# Activity 1:

## Feelings Detective

Do this feelings check in activity together.

### Ask your child:

- How does your body feel today?
- Where do you feel that feeling?
- Is it big, small, fast, or slow?
- What colour would you give it
- What shape could represent it?

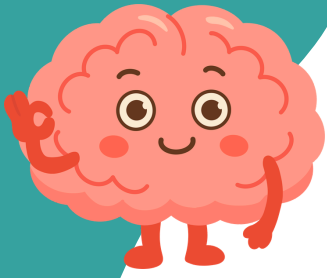
### Draw or colour together:

- A happy body
- A worried body
- A calm body



Tip for parents:

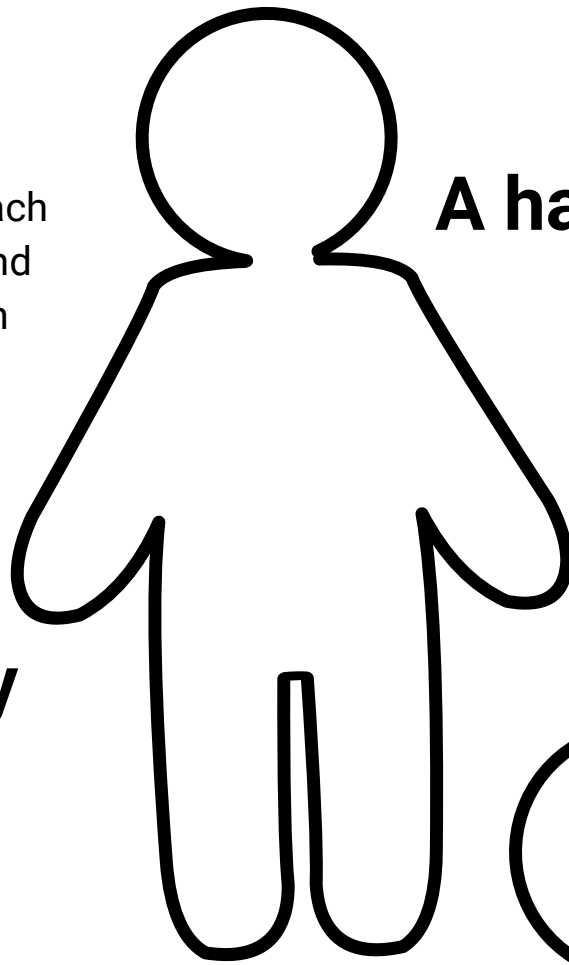
There's no right answer. Curiosity builds safety.



# Feelings Detective



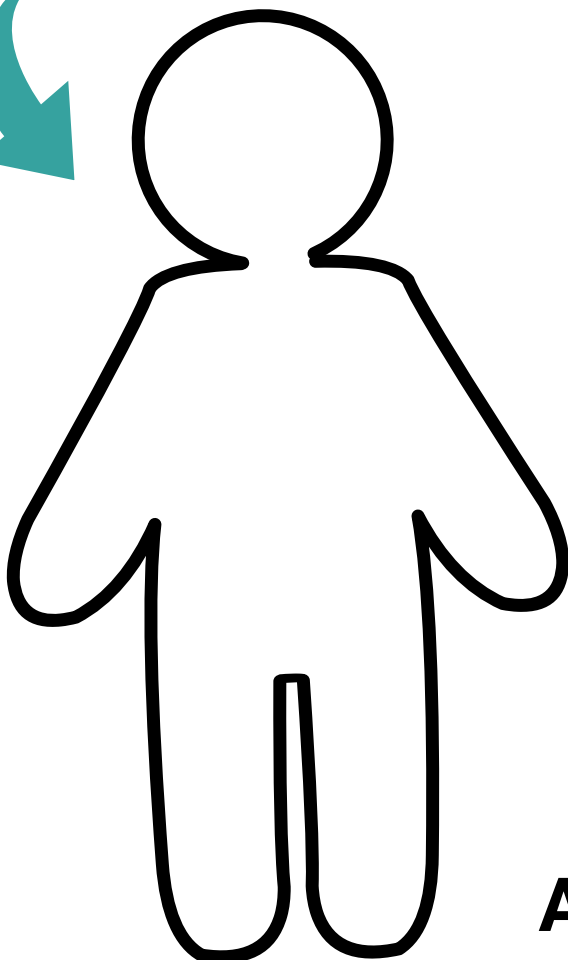
Draw and Colour in each body to show how and where you feel each emotion



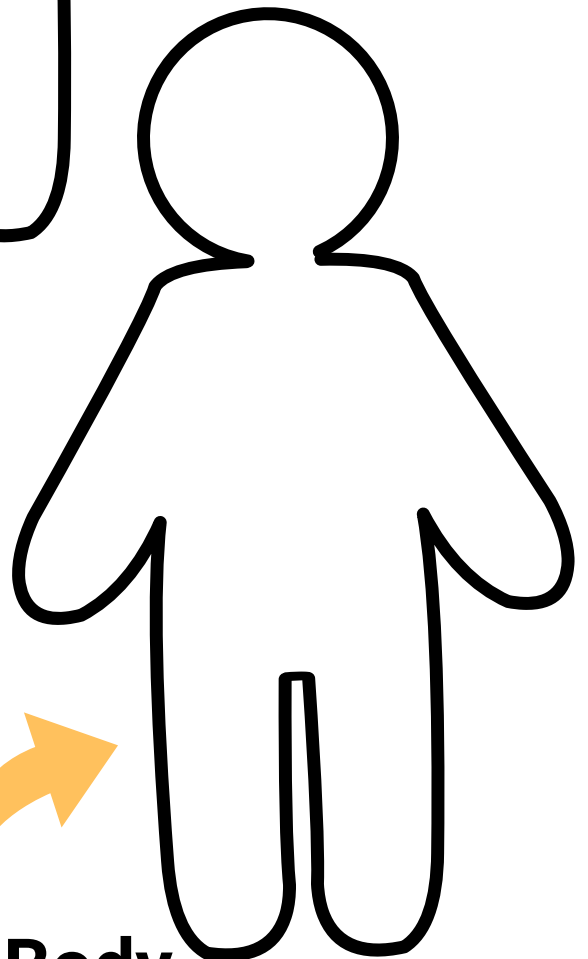
**A happy body**



**A worried body**



**A Calm Body**





# Activity 2: Move & Shake

Shake the feelings out!

## Try this together:

- Shake arms for 10 seconds
- Jump up and down for 10 jumps
- Stretch arms up high and flop down
- Curl into a ball and breathe

## Ask

**“How does your body  
feel now?”**

Movement helps release stress hormones and prepares the brain for calm.



# Activity 3: Balloon Breathing

You don't need a balloon, just imagine!

**Put hands on your belly**

\*

**Breathe in through your nose**

\*

**Imagine blowing up a balloon**

\*

**Breathe out slowly through  
your mouth**

**Try 5 rounds together**

Parents:

Slow your breathing too – your  
child will match you.



# Activity 4: Safe Place Imagining

Imagine and relax

## Ask your child to imagine:

- A place where they feel safe
- What they can see, hear, and feel
- Who is with them (if anyone)

## You can say:

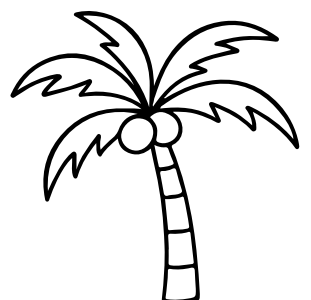
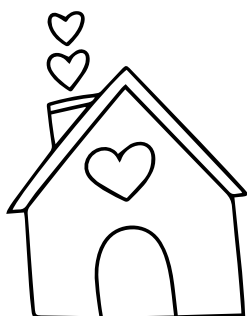
**“Your body remembers this calm place. You can visit it anytime.”**

Parents:

Slow your breathing too – your child will match you.

# Safe Place Imagining

Create a picture of a safe place below. When finished, close your eyes and imagine being there seeing, hearing, touching and smelling everything imagined



# Why This Matters?

How this supports School and life.

**These simple practices help  
children:**

**Settle at school**

**Manage transitions**

**Improve sleep**

**Build confidence**

**Strengthen relationships**

**Reduce meltdowns over time**



**Small moments of  
connection create big  
changes.**

# How to Use This Guide

You don't need to do everything!

## Try:

- One activity a day
- One calm moment together
- One curious conversation



**Regulation grows  
through practice, not  
perfection.**



# About CALM CATS



*Calm Cats supports children and families with:*

- **Emotional regulation**
- **Sensory processing**
- **Mind–body awareness**
- **Calm, connected relationships**

## **We Offer:**

**Parent & child sessions**

**Children's groups**

**Holiday clubs**

**School workshops**

**Parent education & coaching**

Everything we do is playful, respectful, and trauma-informed.

# Want More Support?



*If your child would benefit from:*

- Practicing these tools in a group
- Strengthening connection with you
- Learning regulation in a fun, supportive space

**Our Parent & Child Calm Cats Sessions might be a perfect fit!**

**Join the waitlist / book a session  
Follow Calm Cats for parenting support  
Come and learn with your child**

**You're not alone – and you're doing  
a brilliant job.**