

# 5 Micro-Moments of Calm for Children & Adults

A simple guide for home + school

Even short moments of calm help children “borrow” our steadiness. These micro-moments take less than 10 seconds and gently reset the nervous system, for adults and little ones. Use them anytime the day feels big or overwhelming.



## Relax Your Shoulders

Invite children to follow along: “Let your shoulders melt like ice cream.” A small release in the body signals safety to the brain.

## Take One Long Exhale

Say: “Let’s blow out our birthday candle together.”  
Children naturally match your breathing rhythm.



## Unclench Your Jaw

Say: “Let your teeth take a break.”  
This softens tension children often mirror.

## Slow Blink or Soft Gaze

Say: “Let’s blink slowly like owls.”  
Helps reset visual overwhelm and brings attention back to the body.



## Soften Your Tone

A gentle voice is one of the strongest tools for co-regulation at home or in the classroom.  
Try: “I’m right here. We can take a moment together.”

## How Families Can Use This at Home

- Post this on the fridge and practice one micro-moment during morning routines.
- Use a calm moment before transitions (leaving the house, bath time, bedtime).
- Model slowing down instead of rushing through frustration.
- Try one together when emotions rise—no lectures, just connection.

## How Teachers Can Use This in the Classroom

- Keep the page at your desk or on a clipboard.
- Practice one micro-moment before giving directions.
- Use during transitions, cleanup, or large group times.
- Model for children: “Let’s pause our bodies together.”

ABC

## A Simple Reminder

You don’t need to be calm all day. You only need a moment. Children learn emotional regulation through the tiny resets we practice beside them.

