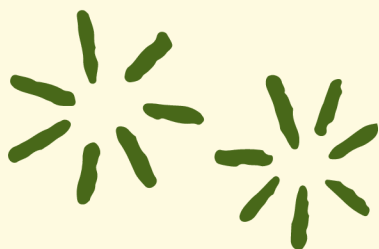


December Calm Moments: A 10-Day Co-Regulation Challenge



A gentle, do-able way to bring calm and connection into an overstimulating month. Each day focuses on one small action that strengthens the adult-child connection and supports self-regulation. These fit easily into classrooms, home routines, and transitions.



Day 2: Belly Breathing Buddy

Have a child lie down with a small stuffed animal on their belly. Watch it rise and fall together.

Why: Visual breathing helps regulate the nervous system and teaches children how calm feels in the body.

Day 4: 20-Second Snuggle or Lean-In

Offer a brief snuggle, hand on shoulder, or quiet proximity.

Why: Safe, predictable closeness provides co-regulation and lowers stress.

Day 1: Soft Start Greeting

Greet a child at their level with a warm face and soft voice: "I'm so glad you're here today."

Why: Warm, attuned greetings reduce cortisol, build safety, and anchor the day.

Day 3: The Slow Voice Reset

During a hectic moment, intentionally slow your voice and speak one simple, calm sentence.

Why: Children borrow the adult's nervous system. Your slower rhythm helps their body settle.

Day 5: Cozy Corner Check-In

Sit with a child in the calm-down corner for 1-2 minutes. Model one tool: breathing card, glitter bottle, or sensory item.

Why: Calm corners work best with an adult first, not independently.



Day 7: Name the Need

Instead of naming the behavior, name the need: "Your face is telling me you need a break," or "It looks like your body needs space right now."

Why: This helps children feel understood, not judged — and it teaches emotional literacy.

Day 9: Connection Before Correction

Acknowledge their feeling or effort before redirecting: "I see this is hard. Let me help you..."

Why: Children cooperate more when they feel seen, not scolded.



Day 6: Sensory Softening Moment

Dim the lights, turn down a loud toy, tidy a small area, or lower the background noise for five minutes.

Why: Reducing sensory input quiets the brain's stress pathways and prevents overload.

Day 8: Slow-Motion Transition

Try one transition today at half-speed: lining up, washing hands, cleaning up.

Why: Slow pacing reduces transition anxiety and helps children stay regulated.

Day 10: Adult Reset Ritual

Before responding to a challenge, take one slow breath. Place your hand on your chest, the table, or the doorframe to ground yourself.

Why: Your regulated body becomes the child's roadmap for calm.

How This Freebie Supports Adults

- Keeps strategies manageable during a busy season.
- Builds confidence in co-regulation skills.
- Offers small wins that create big changes in classroom or home climate.
- Reframes behavior as communication, not misbehavior.
- Encourages adults to care for their own nervous system.

How This Freebie Supports Children

- Strengthens their ability to calm with a caring adult.
- Builds emotional vocabulary and stress-recovery skills.
- Reduces power struggles and big dysregulated moments.
- Creates more trust and connection in daily routines.