



# Wellness for Kids

## COOL DOWN CUPS

This is a great activity to do at home or with a group of children. Cool Down Cups are a more cost effective - and arguably more engaging - alternative to Cool Down Cubes. But the aim is the same - to help children manage their big emotions. In fact this activity can benefit people of all ages.

Here are some simple steps to help introduce the concept and create the cup

1. Ask the child/children to name different emotions, and explain that emotions are good, and it is normal to experience the full range.
2. Talk specifically about the 'red' emotions, like anger and frustration: how they feel physically, what sensations the child/children experience and what sort of situations lead to these feelings. Reiterate that whilst it's OK to feel like this, it's not always helpful if we let these feelings build up and linger.
3. Brainstorm activities that may help stop these feelings getting out of control (there's a list below).
4. Provide pens, stickers, ribbon etc for the child/children to decorate and name their paper cups, and write some of their favourite ideas (start with 5) on popsicle sticks to put in the cups.
5. Explain that when they feel those red emotions building, they can go to their Cool Down Cup, and choose an activity to help them change state and stop the emotion from taking over.



### Suggested cool down activities:

- Read a book
- Listen to music
- Do some colouring
- Sing a song
- Go on the trampoline
- Count to 10
- Do 10 star jumps
- Ask for help
- Dance
- Take 3 belly breaths
- Write a story
- Kick a football outside
- Walk away
- Talk to a friend

