

Help!

My child comes home from school and falls apart

Underlying Skills



Emotional Control

Managing feelings so you can get things done



Cognitive Flexibility

Seeing different sides of things or changing or adapting

Strategy

Stop, Rewind, and Think

After comforting your child, using a strategy to help identify specific thoughts, feelings, and triggers can be helpful for the next time these big feelings come up.

1. Stop: Ask your child “what are you feeling right now?”, and write their response in the corresponding box. (E.g., I am feeling anxious or stressed)
2. Rewind: See if they can imagine ‘rewinding’ time to their calm brain and identify what thoughts are matching their feelings. (E.g., I am feeling anxious or stressed because earlier today I found out an assignment is due earlier than I thought)
3. Think: Last, work with your child to discuss facts and ways to combat these big thoughts and feelings. (E.g., “We still have time to complete the assignment, even though the due date may be a little earlier than we thought.”)



Strategy



STOP

What are you feeling right now? and write the response in the corresponding box. (E.g., I am feeling anxious or stressed)



REWIND

Imagine 'rewinding' time to calm brain and identify what thoughts are matching feelings. (E.g., I am feeling anxious or stressed because earlier today I found out an assignment is due earlier than I thought)



THINK

Discuss facts and ways to combat these big thoughts and feelings. (E.g., "We still have time to complete the assignment, even though the due date may be a little earlier than we thought.")