The Kangaroo Who Couldn't Sit Still
Ocean Breathing

Ocean breathing is a skill that will help you calm down when you feel hyper or excited.

1 Close your eyes and imagine ocean waves. Each wave crashes onto the shore, and then gently rolls back into the ocean.

2 Breathe in **slowly** through your nose. Imagine the sound of breathing in as a wave rolling back into the ocean.

3 Put your lips together like you are blowing through a straw, and **slowly** breathe out. Imagine the sound of breathing out as an ocean wave crashing onto the shore.

4 Keep breathing in through your nose, and out through your lips, imagining ocean waves. Practice for 1 minute.

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Create a Routine

Creating a routine will help you remember to do important things like homework and chores. A good routine will also have plenty of time for playing and having fun!

⭐ A "routine" means doing the same things every day. For example, brushing your teeth every night right before bed.

⭐ With a grown-up, write down your routine and put it somewhere you can see it, like on the fridge, or in your room.

⭐ Include time for resting, snacks, and playing. Scatter fun things throughout your routine so you don't get too bored.
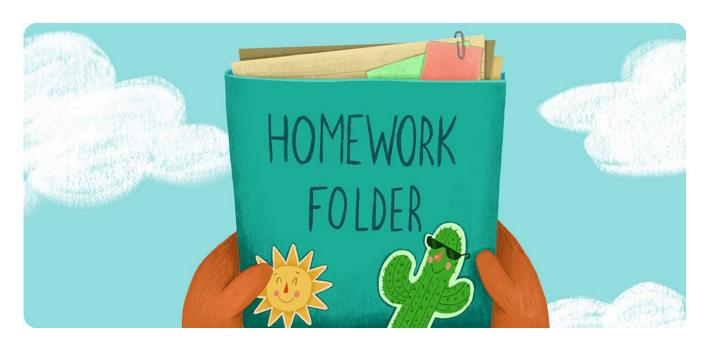
⭐ For difficult tasks, plan even the little things. For example, think of a quiet place where you can always do homework, or if mornings are difficult, lay out clothes the night before.

⭐ It takes time to learn a new routine. A grown-up can remind you what's next in your day, and help you stay on track.

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Problem Solving

Problem solving means coming up with new ways to deal with challenges. Sometimes you have to try a bunch of different solutions before finding what works.

1 **Clearly explain the problem.**

I keep losing my homework before turning it in.

2 **Think of a few different ways to solve the problem.**

• *Create a special folder for my homework. Homework to do goes in the left pocket, completed homework goes in the right.*

• *Have a grown-up review homework and put it in my backpack.*

3 **Pick your favorite solution and try it for a few days. If it isn't working, try making changes.**

I tried the homework folder first. One day I forgot the folder at home, so I made a rule that it always stays in my backpack.

4 **Review if the solution worked. If it did, great! If not, try one of your other solutions.**