



Schedule Di Dia

As we navigate COVID-19 and the changes it has brought, self-regulation and a felt sense of safety become more important than ever. These resources will help you manage stress and create structure during these challenging times.

This six-page printable includes information about how children and adults react to stress and how to regain composure, including Conscious Discipline's four core breathing techniques: S.T.A.R., Balloon, Drain and Pretzel.

You'll also find a daily schedule that will help you create structure and predictability in your home. Together, these resources will foster tranquility and safety as you and your family adjust to a new normal.

Conscious Discipline Glossary:

- **S.T.A.R.:** Smile, Take a deep breath, And Relax. Breathe in through the nose with the belly going out, then out through the mouth with the belly going in. Help children learn to exhale longer than they inhale.
- **Drain:** Extend arms out, pretending your arms are faucets. Tighten arm, shoulder and face muscles. Exhale slowly, making a "sssshhhh" sound, and release all your muscles, draining out the stress.
- **Balloon:** Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms, and making a "pbpbpbpbp" sound (like a balloon releasing air).
- **Pretzel:** Standing up, cross your ankles. Now cross your right wrist over your left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.

Bo no sa kico pa haci cu bo yiunan na cas Shelter in?

Scohe pa mantene un SCHEDULE pa nan

Tene nan na un schedule ta trece trankilidad pa nan y pa bo.

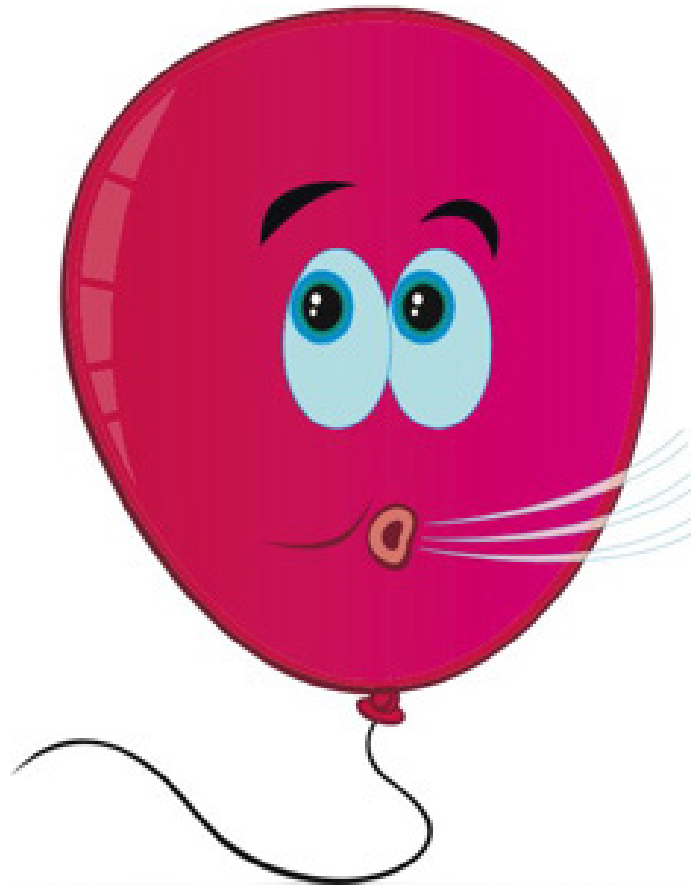
- Scohe algun actividad pa dia
- Cos cu nan por haci nan so of hunto cu bo
- Actividad di recreo y pa yuda den cas
- Traha un schedule cu plachi
- Practica cu bo yiu con pa usa e schedule



Pa mas informacion bai
www.ConsciousDiscipline.com



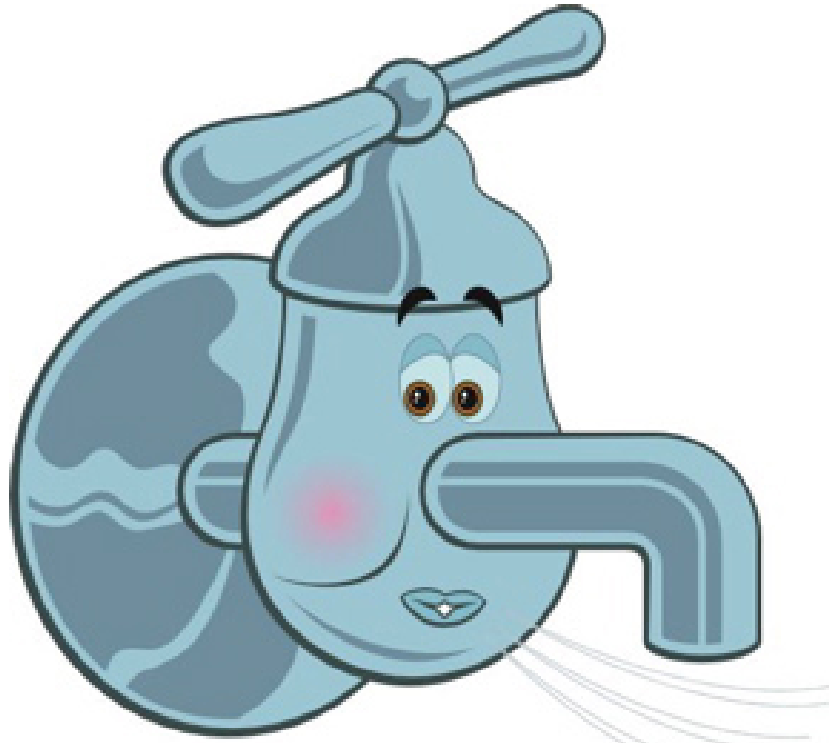
BLAAS



**Yena bo pulmon cu aire
Door di bo nanishi
Manera un blaas
Lag'e aire sali door di boca**



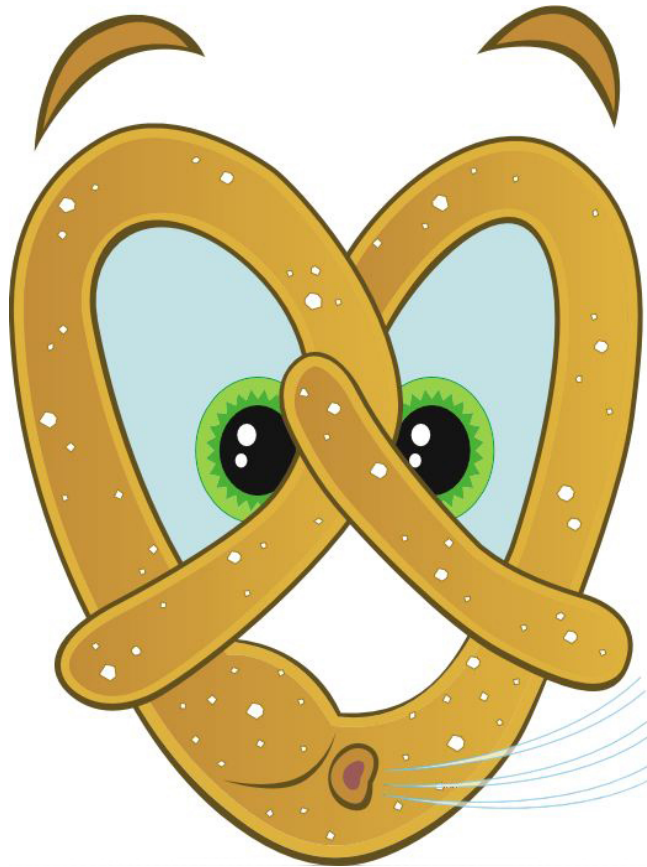
KRANCHI



**Man bo dilanti
Mokete sera duro
Hala rosea...
Y lag'e aire Sali...**



PRETZEL



**brasa gerek dilant
crusa brasa y dedenan
trecemannan na pecho
crusa pia
Hala rosea profundo**



SEA UN STREA, HALA ROSEA



Smile
Hala rosea profundo
y...
Relaha



Momento di stress ta parti di bida y den crisis e por aumenta

Señalan di stress serea adulto

Bos ta subi

Ta sinti irita mas lihe cu normalmente

Ta lubida hopi

Ta perde pasenshi hopi lihe cu e yiunan

Nos por yuda e mucha si nos yuda nos mes

Señalan di stress serea mucha

Ta grita cu mas frecuencia

Kier ta cu bo consantemente

Ta yora of keha mas hopi cu normalmente

Ta paree mas desobediente

Ta bringa mas cu su rumannan

Ehercicio diario: Tuma un rato pa hala 3 pa 5 rosea conscientemente.

Relaha bo schouder. Hala rosea profundo contando te 4 y sac'e poco poco contando te 8.

Ora bo ta ripara cu stress ta subi

1. Hala rosea conscientemente
2. Bisa bo mes: "Mi ta safe, mi por cu e situacion aki"
3. Enfoca riba loke SI bo ta desea
4. Wak bo yiu y bis'e; "hala rosea cu mi. Bo ta safe"
5. Bo por start di nobo cu loke bo tabata kier a logra