



The Butterfly Hug



Big feelings are okay - this is one thing that can help.

1. Cross your arms over your chest like folded wings.
2. Rest your hands on the tops of your shoulders.
3. Tap one hand, then the other, slow and gentle.
4. Take three soft breaths while you tap.

- A calming self-hug

- do it together when big feelings come.

Ages 3-7 - A Sissy calm-down card

