

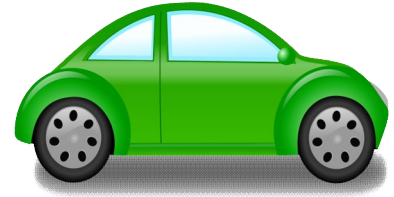


**KINDERWOODCOACHING**  
*Positive Discipline. Positive Results.*

### At Home



### In Public



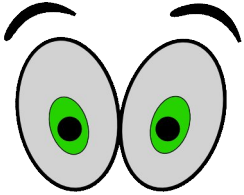
### Meditative



- Breathe deeply
- Visualize a peaceful place
- Repeat mantra
- Progressive relaxation

- Breathe deeply
- Stare at an object
- Repeat mantra
- Progressive relaxation

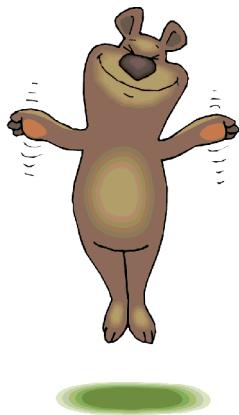
### Sensory Distraction



- Examine an item in detail
- Splash face with cold water
- Run hands under cold water
- Hold an ice cube in each hand
- Go outside barefoot
- Name items around you
- Count things
- Listen to music

- Examine an item in detail
- Run hands under cold water
- Name items around you
- Count things
- Snap rubber band on wrist
- Smell things
- Listen to music

### Expressive



- Run or jump in place
- Do jumping jacks
- Stop, Drop and Roll
- Scream into pillow
- Punch pillow
- Open and close your hands
- Scribble on paper
- Hug something
- Shout your battle cry

- Expressive visualization
- Open and close your hands
- Scribble on paper
- In the car: Scream into pillow.  
**Use only when children are secured and the car is safely parked.**
- In the car: Shout battle cry

- **Breathe deeply:** Breathe in through your nose and out through your mouth. At least 5 breaths.
- **Visualize a peaceful place:** Close your eyes and imagine yourself in the most relaxing spot you can think of. Shut everything else out. Nothing exists in that moment except you in your peaceful place. Picture it as vividly as you can.
- **Repeat mantra:** Create a mantra, a calming or empowering word, thought or phrase, and repeat it silently.
- **Progressive muscle relaxation: HOME:** Do a brief progressive muscle relaxation session. Starting with your toes, tighten and release the muscles, then move up your body, tightening and relaxing each of the major muscles. End with facial muscles. **AWAY:** Tighten and relax your toes in time to deep breaths. Do at least 5.
- **Examine an item:** Use all your senses to focus on the tiny details of an object including color, shape, smell, feel and even taste. **Home examples:** food, plants, knick-knack, perfume/cologne, soap, shampoo or any object that is nearby, and study it until you Reclaim Reason. **Public examples:** pick the nearest item from the shelf, rack, friend's table or bookshelf and study it until you Reclaim Reason.
- **Splash your face with cold water:** Focus on the sensations.
- **Run your hands under cold water:** Zone out to the cool feeling.
- **Hold an ice cube in each hand:** Focus on how it feels.
- **Go outside barefoot:** Walk on the grass, rocks or cement. Focus on the hot or cold, feel the texture.
- **Name items around you:** Look around and start naming (out loud or mentally) every object you see (not including people).
- **Count things: HOME:** Walk to a bookshelf and count all the books on one shelf. Do another shelf if necessary. You can also count other items such as silverware, collectibles, pennies, number of slats on a window blind, floor tiles, etc. **AWAY:** number of shirts on a rack, boxes of cereal on a shelf, pairs of eyeglasses, number of pictures on your friend's living room wall, etc.
- **Sing or listen to a favorite song**
- **Run or jump in place**
- **Do some jumping jacks**
- **Stop, Drop and Roll** (seriously, this fire safety technique can help put out your emotional fire, too!)
- **Scream into pillow: HOME:** Have a dedicated "screaming pillow" available at all times. Scream into pillow. Don't use words, just scream. **AWAY:** Have a "screaming pillow" in your car at all times. Take your child and leave the public place. Get in your car and scream into your screaming pillow. Don't use words, just scream. **Use only when children are secured and the car is safely parked.**
- **Open and close your hands:** Stretch your fingers hard and then squeeze them into a fist, clenching tight. Repeat as many times as you need.
- **Scribble on paper: HOME:** Buy a large pad of flipchart paper and a thick black marker. Scribble on it like crazy until you feel better. Don't draw pictures or write words, just scribble. **AWAY:** Keep a pad of paper in your purse or pocket. Scribble on it like crazy until you feel better. Don't draw pictures or write words, just scribble.
- **Hug something** very tightly.
- **Shout your battle cry:** Create a positive battle cry ("I can do this!!") and shout it out to the heavens, to the universe, to God, or to yourself. **AWAY:** Go sit in your car and shout your battle cry.
- **Stare at an object:** The details aren't important, just look at it steadily. Your vision may start to blur and that's okay. Keep going. Imagine that you are pouring all of your negative energy into that object. When ready, walk away from the object.
- **Smell things:** Find the personal care section, pick a type of product (shampoos, deodorants, etc.) and sniff one after another. You can also do this with produce, candles, perfume/cologne and lotions.
- **Expressive Visualization:** Look at the organized displays around you and **imagine** pushing or kicking them over in frustration. **Mentally watch** the perfectly stacked cans, Barbie dolls or X-Box games fall to the floor in total disarray. After a moment, imagine yourself picking it all back up and reorganizing the display. Remind yourself that you are capable of both restraint and repair.