



Soothing Sun

Mindful moments help the brain and body calm, connect, and clarify. When this happens, it is easier for our brain to make helpful and wise decisions. Being in this present moment, allows us to take better care of ourselves and others.

Try This:

Use your finger and start in the center of the sun. As you trace the spiral outward, repeat: "I am calm. I am calm. I am calm." Next, trace the spiral back inward and repeat, "I am safe. I am safe. I am safe." Then, trace the spiral outward and repeat, "I am loved. I am loved. I am loved." Repeat these steps as many times as needed until you feel calm, safe, and loved.



Family Follow Up:

Practice the soothing sun technique 2 or 3 times every day with your child. If practiced when calm, it will be easier to use. Hang the picture as a reminder to practice. The motion of spiraling in and out with the finger, with the calming self-talk, can be used without the picture. Your child (or you) can make the same motion on any safe surface, such as a desk, the palm of the hand, the sleeve of a shirt, or the carpet at circle time.

Ask your child: "How did you feel before you used the soothing sun? After? What did you notice about your body?"

