



Calming Strategy

At KingKids we use many strategies to positively redirect behaviour and guide children to self-regulate and make choices that can result in a positive outcome.

Rose and Candle

We take our right index finger 'rose' and take a big deep breath in with our nose (smell the rose).

We then take our left index finger 'candle' and breathe softly out through our mouth (blowing out the candle).

Step one: Smell the Rose

Step 2: Blow out the candle

Repeat 3 Times

