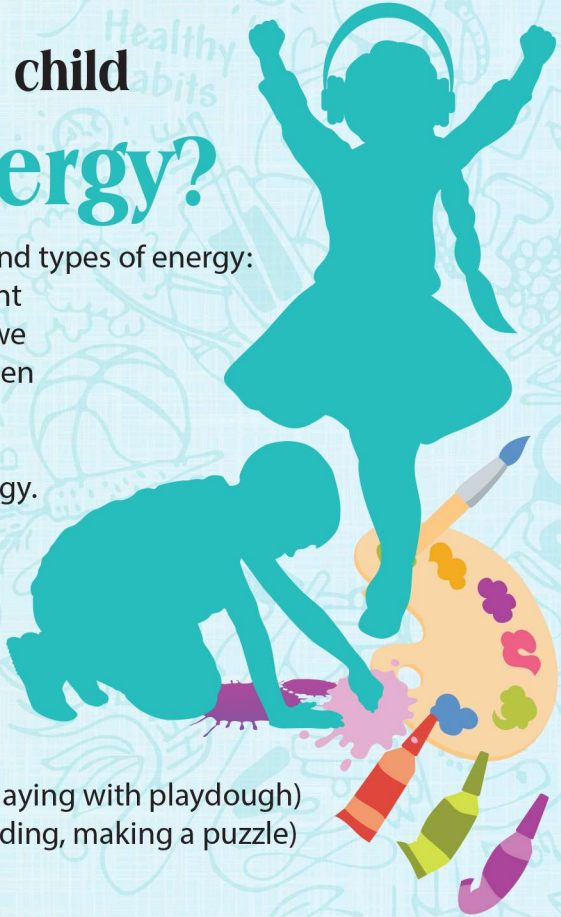
What healthy habits help your child balance their energy?

Throughout the day, we all have different amounts and types of energy: low, balanced, intense, and out of control. The amount and type of energy we have impacts how and what we think, the emotions we feel, and how we behave. When a child has balanced energy, they feel safe and calm.

The following may help your child balance their energy.

- Getting enough sleep
- Listening to calming music
- Being active (e.g., stretching, walking)
- Taking slow, deep breaths
- Having a drink of water and/or a healthy snack
- Shaking a sensory bottle and watching the glitter settle
- Being creative (e.g., painting, drawing, colouring, playing with playdough)
- Doing a quiet activity without screen time (e.g., reading, making a puzzle)



What helps your child balance their energy?

healthy HABITS

To help your child restore their energy, it is important to recognize when your child's energy is in different states. How does your child show they have low, balanced, intense, or out-of-control energy?

Low	Balanced	Intense	Out-of-control
❑ Sick	❑ Happy	❑ Hyper	❑ Mad/Angry
❑ Sad	❑ Calm	❑ Worried	❑ Mean
❑ Tired	❑ Focused	❑ Silly/Wiggly	❑ Yelling/Hitting
❑ Bored	❑ Ready to learn and connect	❑ Anxious	❑ Loss of ability to reason
❑ Moving slowly		❑ Excited	❑ Ready to fight

"When little people are overwhelmed by big emotions, it's our job to share our calm, not to join the chaos."

L.R. Knost

Community Action Program for Children (CAPC) Saskatchewan

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