

Colour Me



Calm

Colouring in is a great way to help calm yourself down and make you feel more relaxed through artistic self-expression. This is also true for children.

The Colour Me Calm booklet brings together the fun and benefit of colouring in with some really useful exercises to help children slow down and relax.

Practicing the actions in this book with mum, (or dad or with someone who looks after them) will help children feel more connected with you and they can practice the skills that will help them to feel calm.

Calm

Colour

Breathe

Laugh Like a Tiger!

A Tiger's laugh!

How would you laugh if you were a Tiger?

What would it sound like?

Go on then.... LAUGH LIKE A TIGER!





Monkey Grip

Take hold of your wrists with the opposite hand.

Hold firmly, but not too tight!

Try to pull your arms apart while holding on firmly.

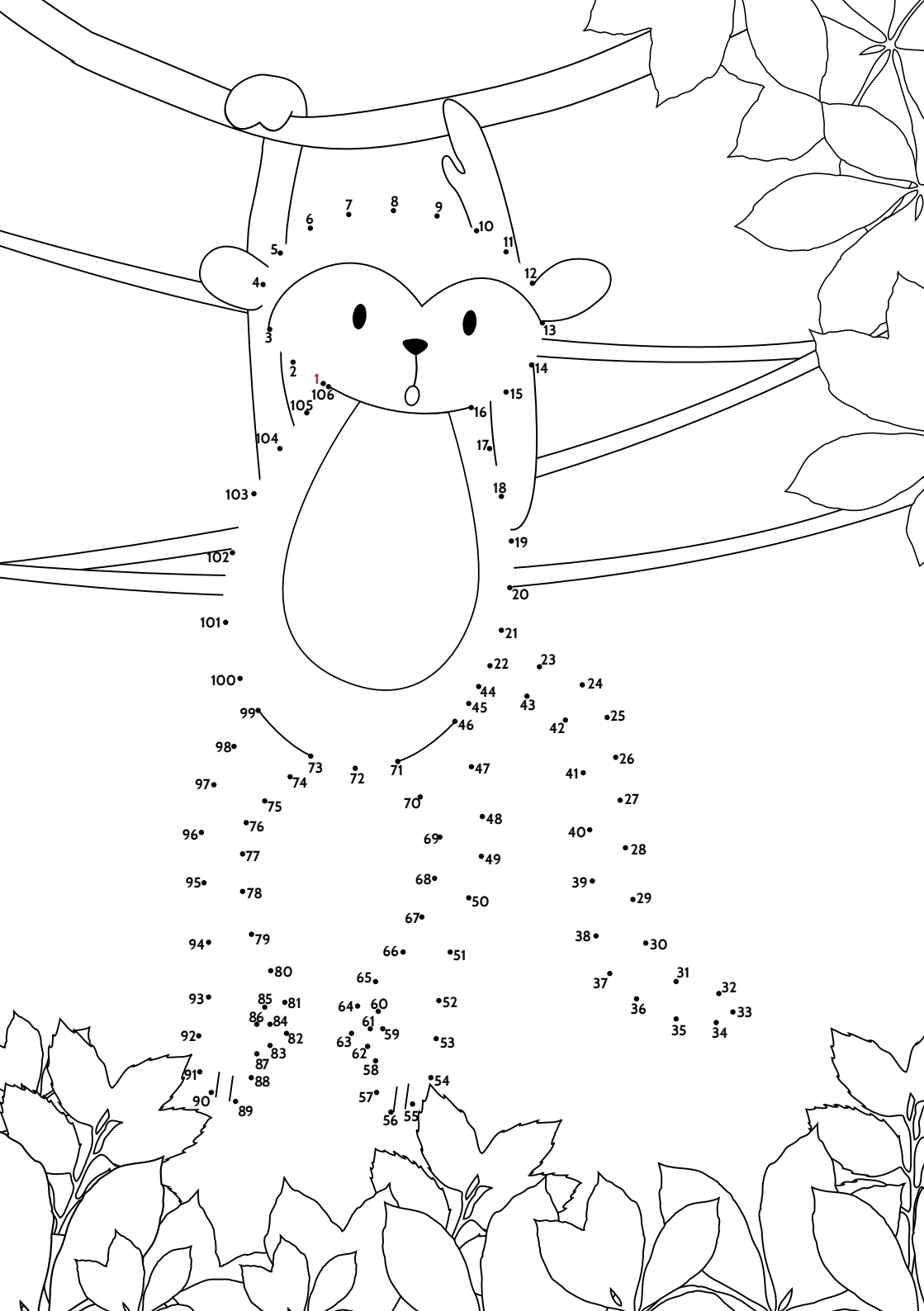
Can you hold on?
Or is your monkey
gonna

lose

it's

GRIP!





Giraffe Breath

A Giraffe's Breath!

How would you breathe if you were a Giraffe?

Sit up tall like a Giraffe.

Take a deep breath through your nose while counting to 3.

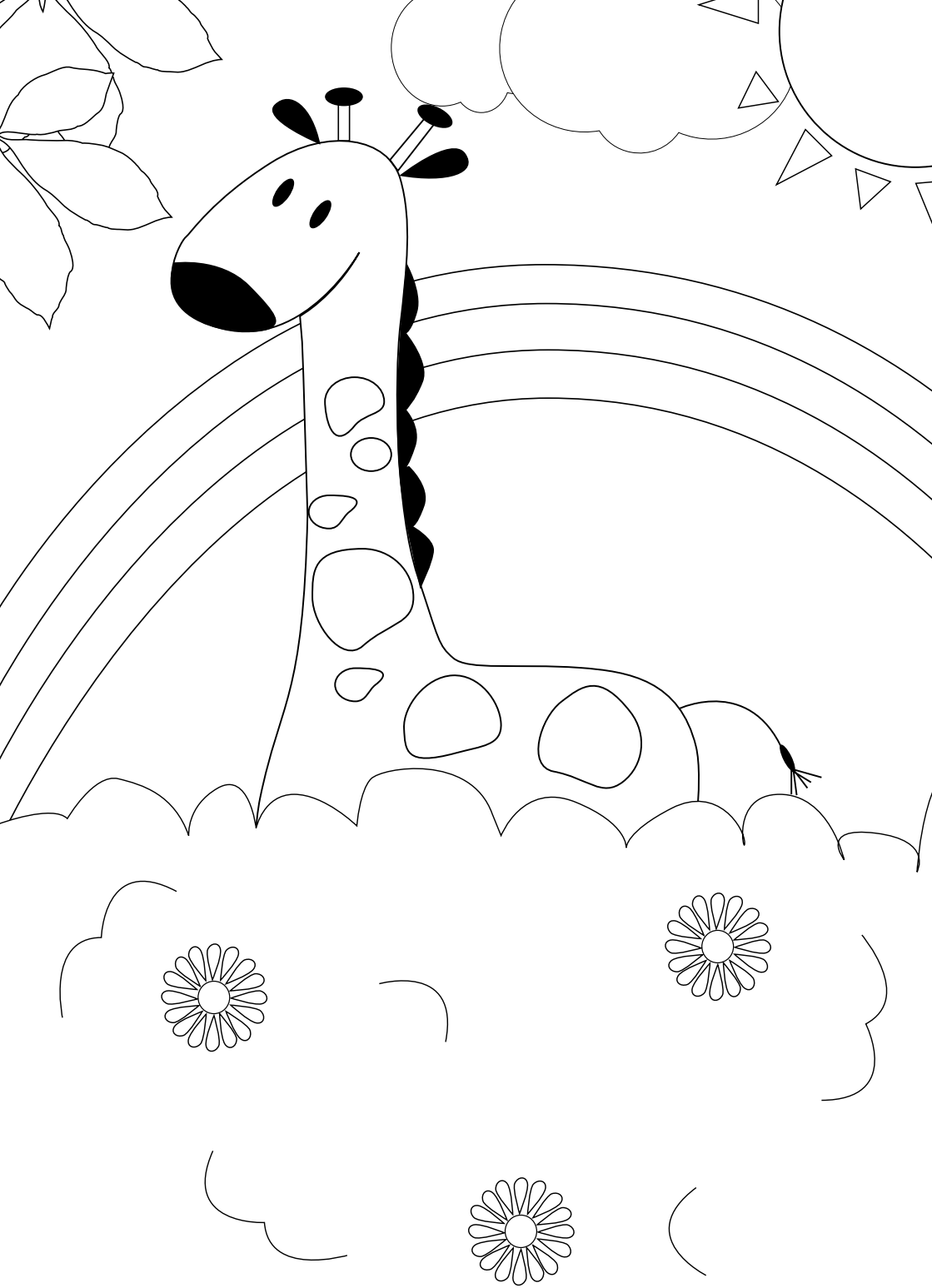
Pause for 3 seconds.

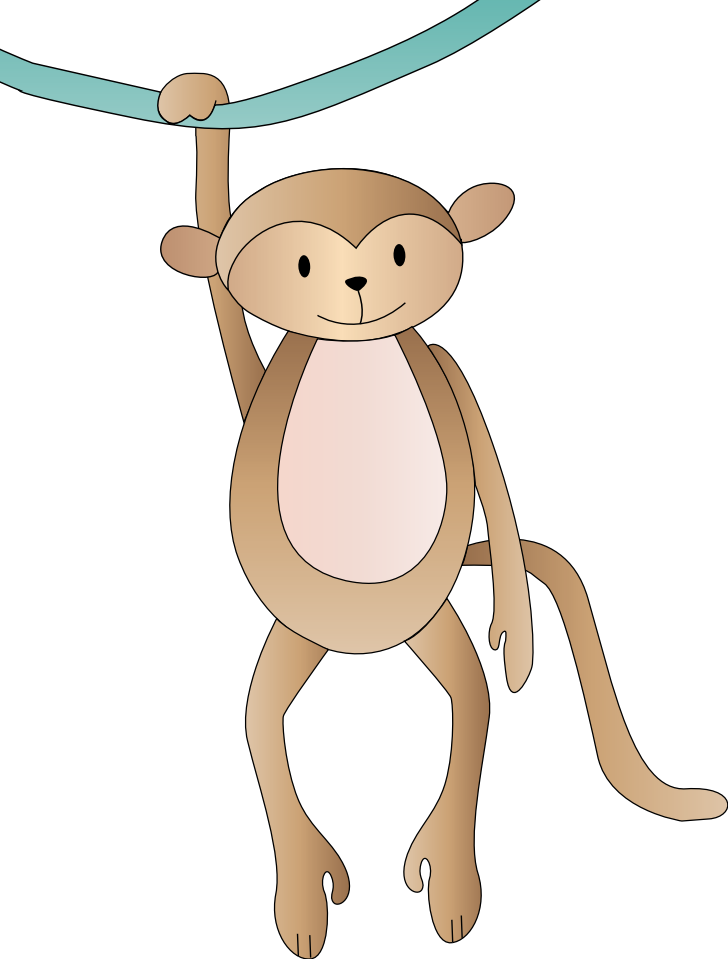
Breathe out through your mouth while counting to 5.

There you go!

You're breathing like a Giraffe!







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Together4Kids is a specialist therapeutic service that provides customised support to children aged 0-12years.

Together4Kids exists because children who have had to move from place to place will often be feeling insecure, or even traumatised. Their routines and their relationships are likely to have been disrupted and they may have experienced multiple losses and stresses. As parents you are going through tough times, and at a time of crises, you may struggle with knowing how to provide the emotional support you would like to.

Children can be assisted by the caring, skilled staff from Together4Kids to make sense of their sometimes complex experiences, understand and manage their feelings, develop friendships and feel safe. Our starting point is the needs of each child, and to provide support that responds to each child as individuals in the context of their family.

We work directly with children and you as their parents in collaboration with other service providers (like housing or domestic violence services). We view you, their parents, as allies in our work; supporting you to learn more about your child's experience and strengthen positive bonds between you and your child.

Speak with your Case Manager about accessing Together4Kids support for your child on (08) 8245 8190.



Relationships Australia
SOUTH AUSTRALIA

