

BELIEVE THE BEST RESET BUTTON

Sometimes our kids need a physical and/or visual way to reset their bodies and minds after a tough moment or a meltdown. Make a Believe the Best reset spot in your home, where kids can go to find calming activities and reminders that help negative thinking. This spot might have coloring books, books about feelings, a feelings chart, some stuffed animals, or anything else that allows your child to independently calm down and find some comfort.

Print and post our Believe the Best Reset Button in this area. After you've connected with your child and helped them identify their feelings and the best solution, encourage them to press the button when they're ready to think generously about themselves and others! (Buttons are always fun to push, aren't they?!)

