

Take a PAWS for grounding



Grounding

is a way of bringing your mind and body back to the present moment. It helps us feel steady, safe, and in control – even when our emotions feel big or overwhelming.



Taking a PAWS (CALi's playful way of saying *pause*) means stopping for a moment to notice how you feel.

A quick PAWS helps children understand their feelings – and helps adults stay grounded instead of joining the chaos.

Take a PAWS with CALi



PAWS FOR ADULTS

Grounding So You Can Share Your Calm

- P**ause your body
- A**cknowledge your feeling
- W**atch your breath
- S**ettle your body

PAWS FOR KIDS

Understanding Feelings & Calming Big Emotions

- P**ause your body
- A**sk how you feel
- W**iggle your fingers and toes
- S**tretch your arms like a tree

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

– L.R. Knost, award-winning author and parenting advocate



4

Frustrated, Sad, Nervous, Afraid

3

Confused, Bothered, Tired

2

Fine, A Little Tired, Okay

1

Relaxed, Good, Peaceful



We can use tools like the **Feelings Meter** to check in with our emotions and name what we're feeling. When we know our feeling level, it's easier to choose a calming tool and bring ourselves back to steady and calm.

Additional Resources

Supporting Children's Mental Health



833.354.HELP

SEEDSHELPLINE@DECAL.GA.GOV

GEORGIA SEEDS HELPLINE connects early childhood education professionals and families to resources to help them better understand the social, emotional, and behavioral needs of children and reduce challenging behaviors and incidents that lead to suspension and expulsion.



LEARN ABOUT SOCIALEMOTIONAL DEVELOPMENT

Find milestones checklists that help with understanding early development, give tips for supporting that development, and find resources to support families.

Developmental Milestones

<https://development.decal.ga.gov/#/>

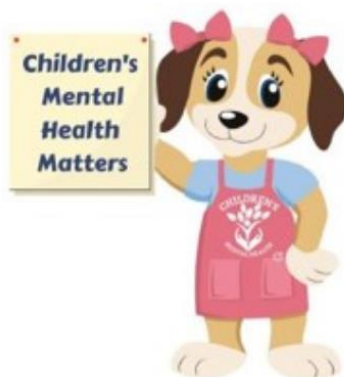
FIND HELP

GEORGIA



FIND HELP IN YOUR COMMUNITY

Whether it's financial assistance, food pantries, medical care, child care, job training, and other free or reduced-cost services specific to your area, essential resources can be found here.



**Georgia Dept
of Early Care
and Learning**