

Mini Mood Boosters To Share With Kids



Therapy For Real Life

Boost Your Routine

Structure your routine with fun activities, basic chores, and clear incentives for desired behaviors.

Yes, this takes work! (Also: Worth it!)

Kids thrive with a sense of consistency, encouragement, and something special to look forward to (eg. Pancakes For Dinner Day).

Fosters: **Safety + Hope**

Calming Rituals

Use rituals to bring the family together for a few dependable moments of calm each day.

Kids learn to expect and rely on this designated time for calm.

Share gratitudes, read stories, or practice sensory activities together to bring reliable closure to the day.
(eg. hair brushing, deep breathing, aromatherapy...)

Fosters: **Stability + Trust**

Soothe The Body

Play with fun and simple “bio-mood hacks” to help kids learn to regulate the body’s energy up or down.

Tiny Cardio:

- 20 Jumping Jacks
- Family Dance Party
- Run in place x 60s
- Mini Workout Apps
- Obstacle Courses

Slow Breath:

- Counting breath (IN: 1 to 3, OUT: 1 to 6)
- Blow mindful bubbles
- Imagine filling a balloon (fill on inhale / pop on exhale!)

Wiggle It Out:

- Use strong sensations as comfort.
- Use ice, fidget toys, and other forms of stim sensory play.
- Offer strong hugs.
- Seek out adventure.

Muscle Relax:

- Tense / relax each muscle grp x 5 s ea.
- Pretend to be raw spaghetti vs cooked spaghetti to play w muscle tension and relaxation.

Practice these skills in a moment of calm. Use them again during times of stress.

Consult your child's physician for any special health precautions.
Do not use bio-mood hacks if you have a heart condition.

Fosters: **Self-Regulation**

Creative Play

Find a time/space where kids are allowed to "just be" – no matter what that means to THEM.

Use art and creative expression to model self-acceptance, freedom, and exploration.

Make space/time for messiness and "breaking the rules" for fun.

Fosters: **Flexibility + Joy**

Challenging Fun

Design a personalized challenge for your child to grow in a new area of learning, at their own pace.

Boost self-esteem by defining and tracking success together as your child overcomes each challenge.

Balance gentle pushing with strategic rest as your child adjusts to each new challenge.

Fosters: Mastery + Self-Esteem