

# Find Your 5

Emotional Wellness for Families

## 5 Calming Moves for Your Family

Simple, research-informed strategies for children ages 6–10

When your child's nervous system is activated — whether from frustration, anxiety, or a hard transition — their number on the 1–10 Life Scale has shifted. These five calming moves are designed to help you meet them where they are and gently guide them back toward their center (their "5").

### THE LIFE SCALE CONTEXT

The Life Scale (1–10) identifies your child's current emotional baseline. Most children function best at or near a 5. Scores of 1–2 (withdrawn, shut down) or 9–10 (meltdowns, aggression) indicate high activation — not bad behavior. These moves work by co-regulating alongside your child until their system resets.

### The 5 Moves

#### 1 The Breath Bridge

45–60 seconds

Face your child at eye level and take five slow breaths together, "inhale" on the way up and "exhale" on the way down. Put your hand on their shoulder or back to create a physical rhythm.

#### 2 Name It to Tame It

30–90 seconds

Gently ask, "Can you show me how big this feeling is?" or "Where do you feel it in your body?" Naming the emotion activates the prefrontal cortex and begins to calm the amygdala.

#### 3 The Safe Spot Anchor

2–5 minutes

Identify a calm corner, cozy chair, or soft blanket in advance. When activation rises, invite them: "Your safe spot is right here when you need it." Offer a sensory object (blanket, stuffy, play dough).

#### 4 Movement Unwind

60–90 seconds

Do three big movements together: jump jacks, animal walks (bear crawl, frog hops), or spinning in place followed by stopping. Movement metabolizes stress hormones and resets the vestibular system.

#### 5 The Re-Entry Check-In

30 seconds

Once calm, ask: "Are you ready to try again?" or "What do you need to start fresh?" This builds emotional awareness and reinforces that dysregulation isn't failure — it's data.

Ready to find your child's number?

Take the free 2-minute Life Scale assessment !' [findyour5.polsia.app/quiz?](https://findyour5.polsia.app/quiz?)



