

Dino Moves & Coping Skills

Move your body. Make room for feelings. Ask for help.

Choose one to try with a grown-up!

1

Dino March

Take 5 slow steps in place.
Feel your feet touch the ground.

2

Long-Neck Reach

Reach up as far as feels good.
Lower your arms slowly.

3

Wing Flaps

Lift and lower your arms slowly.
Let your shoulders rest.

4

Triceratops Push

Put your hands on a wall.
Push gently, then relax.

5

Dino Flower Breaths

Pretend to smell a flower.
Breathe out softly.
Try 3 times.

6

Dino Explorer

Find 3 things you can see.
Notice 2 sounds you can hear.

7

Cozy Dino Rest

Sit in a comfy spot.
Hug a soft toy if you like.

8

Ask Your Dino Team

Tell a safe grown-up how you feel.
Say, "Please help me."

All feelings are welcome. You do not have to feel calm right away.

Grown-ups: Stay nearby and practice together. Adapt movements for seated play or comfort. Skip anything that hurts or feels unpleasant.

Kaleidoscope Counseling
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