



PODCAST FREEBIE

Episode #214

Stomp Mat

How To Use:

1 PRINT AND LAMINATE

Print pages 2 and 3.

Laminate for longer life / usage!

2 PRACTICE USING THE STOMP MAT

- Start by discussing what the stomp mat is for. Include emotions. "This stomp mat is for you to use when you're upset - you can stomp on it as hard as you want to help get your frustration out!"
- Also discuss the hand mat. "You can use the hand mat to push against as hard as you can when you feel frustrated!"
- Place (try taping if possible) the stomp mat and the hand mat in a safe place in the house - the stomp mat on the floor and the hand mat on the wall at shoulder level.
- Practice using them. Role play a situation where your child is frustrated / mad. Talk about how the stomping and pushing might help them feel better, or more calm.

3 USE WHEN NEEDED

- When you notice your child becoming upset, identify first. "I notice that you're becoming upset."
- Then come up with some ideas to help. Suggest the stomp and hand mat. "Would you like to take a break and use your stomp mat?"
- Reinforce when used as expected. "You used your stomp mat when you were mad. I appreciate you making an expected choice. How do you feel now?"



