

The 3-3-3 To Calm

Grounding technique for interrupting anxious thoughts by redirecting your child's attention to the present moment.

What's Included

- * Page 2: A full-size version using Open & Close as the "move" (stretch and close your hand 3 times)
- * Page 3: A full-size version using Rock, Paper, Scissors as the "move" - a familiar game so easy to remember
- * Page 4: Both versions, sized smaller for on-the-go moments.

Use the full-size pages at home to practice together. Cut out the smaller versions for pockets, backpacks, traveling.

Age

5+ years

When to Practice

During calm moments -
bedtime, walks
- so it feels familiar

When to Use

Anytime your child's anxiety spikes



Frances Barry Child Psychotherapy
www.FrancesBarry.net



The 3-3-3 To Calm

Look



What are 3
objects you
can see?

Listen



What are 3
sounds you
can hear?

Move



Stretch and
close fingers
3 times



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Rock



Paper



Sissors



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