



The Accessible Hive: Bee CALM

Regulate • See • Try • Do • Reflect

WHEN YOUR CHILD IS OVERWHELMED

1-page quick tool

Your child is overwhelmed. Do this.

NOTICE

(What you're seeing)

Your child might be:

- Crying
- Screaming
- Running away
- Hitting / throwing
- Shutting down or freezing

This is not "bad behavior".
It's a nervous system response.

CONNECT

(What to say)

Keep it simple. Calm voice.

Say:

- "I see you"
- "Your body is overwhelmed"
- "You're safe"
- "I'm here with you"

No questions
No correcting yet

REGULATE

(Pick ONE)

Heavy Work

- Wall pushes
- Carry something heavy
- Push hands together

Deep Pressure

- Hug (if they want it)
- Blanket burrito
- Firm squeezes

Breathing

- Smell the flower
- Blow out the candle

Movement

- Jumping
- Swinging
- Rocking

WAIT

(This part matters)

Look for signs the body is coming back:

- Slower breathing
- Softer voice
- Less movement

This can take a few minutes

RETURN

Now you can:

- Try again
- Practice the skill
- Give a simple direction

This is when learning happens

REFLECT

(Later, not in the moment)

When calm:

- "What helped your body?"
- "What can we do next time?"

Regulation is not stopping the feeling.
It's helping the body come back to safe.

