

# Trust Based Relational Intervention: Connecting Principles

Goal: To build trusting relationships that help children and youth feel valued, cared for, safe, and connected. Disarming fear and building trust greatly increases the capacity for connection, self-regulation, and learning.



1. Engagement Strategies
2. **Mindfulness Strategies Part 2**
3. Giving Voice

Here are some ways to practice Mindfulness Strategies in your home:

## 3 Questions for Teaching Self-Regulation:

1. How does my body feel right now?
2. What strategy can I use to \_\_\_\_\_ (relax, calm down, wake up, refocus, etc.)?
3. How will my body feel after I use this strategy?

## Activities:

The following activities improve self-regulation through practicing impulse control and body awareness.

- Red Light, Green Light
- Freeze Dance
- Simon Says/Mother May I
- [Progressive Muscle Relaxation for Kids](#)
- [Bring it Down - GoNoodle](#)
- [5 Incredibly Fun Games to Teach Self-Regulation](#)
- Card games (Go Fish, Uno)

## Other Resources:

[DCFS Path Beyond Adoption website](#)  
(866) 538-8892

- **Why is it so important for me and my child's school to be on the same team?**
- Click on this link below to watch a nationally produced video which features some of your very own TBF staff:

[DCFS Path Beyond Adoption: School Concerns](#)

[Trinka and Sam: Fighting the Big Virus](#)

- This story was developed to help young children and families talk about their experiences and feelings related to COVID-19 and the need to shelter in place.

[Why do We Lose Control of our Emotions?](#)

"We're called to see the preciousness of our children even when they are covered in their own 'mess'".

--Dr. Karyn Purvis

Due to the COVID 19 Pandemic, we are not able to meet in-person for our support groups at this time. Stay tuned for more information regarding virtual parent support groups.