

Discover Your Child's Calm Style

A gentle guide to understanding how your child responds to big feelings — and how to support them with mindfulness and ACT.



From Mindful Living Resources
Helping Kids Feel Calm, Confident, and Connected 🌱

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Introduction & Instructions

Welcome, Forest Friends 🌿

Every child experiences big emotions in their own way — some leap into action, some get quiet, and some feel everything all at once. This gentle quiz helps you notice how your child naturally responds to stress — and where to begin with simple mindfulness and ACT-based tools that fit your family's rhythm.

There are no scores, no labels — just insight, curiosity, and connection. This is for educational purposes only.

How to Begin

- Read each question and choose the answer that sounds **most like your child**.
- Trust your **first instinct** — there are no wrong answers!
- At the end, you'll learn your child's **Calm Style** and one simple strategy to support them.

Tips for Parents & Caregivers

- Read the questions aloud if your child wants to join in.
- Kids often enjoy noticing which answers sound like them!
- Use this as a conversation starter — a way to learn together, not a test to pass.

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Let's Begin the Calm Style Quiz

Notice together how your child responds to big feelings. There are no wrong answers — just clues to help you notice how your child naturally copes with big emotions.

When your child is upset, they usually...

- A. Show big feelings — tears, yelling, or frustration.
 - B. Want to move or run around.
 - C. Get quiet or hide away.
 - D. Try to fix things or help someone else feel better.
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During stressful moments (like leaving for school or visiting the doctor), your child tends to...

- A. Cling to you or feel panicky.
 - B. Fidget, bounce, or pace.
 - C. Withdraw and stay silent.
 - D. Offer to help or ask, “What can I do?”
-

When things don't go as planned, your child...

- A. Gets very emotional or frustrated.
- B. Needs to move, stretch, or burn off energy.
- C. Retreats to a quiet spot or their room.
- D. Focuses on helping others or solving problems.





Let's Finish the Calm Style Quiz

Continue to notice together how your child responds to big feelings. And please remember, there are no wrong answers.

Your child feels better when ...

- A. Someone sits beside them and helps them breathe or calm down.
- B. They can move their body or go outside.
- C. They have quiet space alone.
- D. They're helping someone or doing something useful.

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After a tough moment, your child usually ...

- A. Keeps talking about what happened.
- B. Starts bouncing or moving again.
- C. Stays quiet and curls up somewhere cozy.
- D. Checks on others – “Are you okay?” or tries to tidy up.



Tally Your Responses

- Count how many times you chose each letter and tally them below.
- The Coping Style with the most tallies may reflect how your child often emotionally responds to life events.

A Heart-Full Helper ____
B Steady Steps Mover ____
C Reflective Thinker ____
D Kindness Keeper ____



♥ **Parent Tip** • Most kids show a mix of styles – that's perfectly normal. Notice what helps your child steady themselves, not just which style fits best.

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Heart-Full Helper

- Your child feels emotions deeply — their heart shows how much they care.
- They need comfort first, calm second.



Try This

- Sit together, name the feeling aloud, and take three slow breaths.

Explore This Free Resource

- [Making Space: Acceptance Cards for Kids](#) — gentle activities that help children make room for every feeling.

Steady Steps Mover

- Movement helps your child steady their body before their mind.
- They think best while moving — walking, stretching, or swaying.



Try This

- Take a short “shake and breathe” break or walk ten mindful steps together.

Explore This Free Resource

- [Steady Steps Cards](#) — mindful-movement ideas that help steady busy bodies and minds.

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Reflective Thinker

- Your child recharges through quiet reflection.
- They notice a lot, even when they don't say much.



Try This

- Offer silence first — then gently ask, “What are you thinking about right now?”

Explore

- Self-as-Context Cards: Seeing the Bigger You — reflection prompts that help children notice their thoughts and connect with their wiser self.

Kindness Keeper

- Your child finds calm through caring for others.
- That kindness is a gift — but they also need to refill their own cup.



Try This

- After helping someone, have them do “one kind thing” for themselves.

Explore

- Light Leaf Thoughts: Defusion Card Set — playful tools that teach letting go of sticky thoughts and growing self-kindness.

Reflect & Grow Together

Every child blends more than one calm style — and that’s a wonderful thing. It means they’re learning flexibility, discovering that there’s more than one way to steady their heart.

When you pause, breathe, and model calm yourself, you’re teaching mindfulness in the most powerful way: by example.

♥ Parent Reflection:

- Which calm style does your child use most often — and which one might need a little more support?
- You might notice how these styles change from day to day.
- The goal isn’t to “fix” one — it’s to help each style grow with care and awareness.

Learn & Explore

-  [Free Mindfulness Starter Pack \(PDF\)](#) – Your gentle introduction to mindfulness and ACT.
-  [Free Mindfulness Library](#) – Stories and printables for kids & parents.
-  [Acceptance Acres Store](#) – Explore stories and activity packs featuring Finn, Delaney, and friends.

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The Research & Your Next Step



The Research Behind It

Coping flexibility — the ability to use more than one way to handle stress — helps children adapt and recover from challenges.

Acceptance and Commitment Therapy (ACT)

encourages this by teaching awareness, acceptance, and mindful choice.

- “Coping flexibility helps children learn that there’s more than one way to feel steady — and that’s the heart of emotional growth.”

(Adapted from Kato, T. (2012). Development of the Coping Flexibility Scale. Behavior Research and Therapy, 50, 342–352.)



Professional Support (when you need a little more help)

- *988 Lifeline* — Free 24/7 crisis & emotional support (United States: call or text 988).
- *Find a Child Therapist* — Search for licensed professionals near you on Psychology Today.
- *School Counselor or Pediatrician* — Great starting points for local support.



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