

How to stay calm in the moment

Bright Steps · I Do / We Do / You Do worksheet

The 3 moves (do in order)

1. Drop your shoulders. 2. Slow breath OUT, longer than in. 3. Get lower than your child.

Before any words

Words don't work in the storm. Moves first. Words later — sometimes much later.

Score yourself 1–5

Rate how fast you got to "lighthouse mode." Watch the number climb.

Track it this week

Day	Moves done? (Y/N)	Lighthouse score 1–5	How long until calm

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