

The Busy Parent's Guide to Calming Your Child in Under 2 Minutes

Instant Tools for ADHD,
Sensory, and Big-Feeling Kids



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Message From Me To You, Parent to Parent

I know how much you carry.

You're juggling work, home, emotions, schedules, and your uniquely beautiful, wired child feels the world in big, intense ways. Their reactions don't wait for the "*right moment*," and honestly... *life rarely gives us one.*

Here's the part that brings some hope:

You don't need long routines or complicated systems to help your child settle.

You just need the right kinds of tools — the ones that speak directly to their nervous system.

That's exactly what this guide gives you!

Inside, you'll find simple 60–90 second movement resets that help your child calm their body, organize their busy brain, reconnect with you, and feel safe again

These tools work right in the middle of real life, between meetings, in the car, getting out the door, during homework battles, or in those moments when you're tired and out of ideas.

You're doing an amazing job. **Truly.** You just need support that matches the way your child is wired. I'm here to make your days a little easier.

With calming warmth,

Tippy

Why These 2-Minute Tools Work

***Kids don't calm down because we tell them to...
They calm down because their nervous system
feels safe again.***

The bottom line – Movement activates the brain pathways that are responsible for:

- emotional regulation
- focus
- impulse control
- transitions
- listening
- problem-solving

In other words:

*When the body moves, the brain organizes.
And when the brain organizes,
your child finally feels in control again.*

Are you ready to give this a try?

The 2-Minute Resets

**Each one is fast, simple, and uses only your
child's body.**



RESET #1 — Cross Crawls

(The 60-Second Brain Reset)

Opposite hand taps opposite knee. Slow, steady, deep breaths.

Why it works: Boosts focus, calms overwhelm, and connects both sides of the brain for better emotional control.

When to use it: Before school, homework battles, after a meltdown begins.



RESET #2 — Boulder Bear Press

(Instant grounding + safety signal)

Your child presses their hands into yours — firmly. You match the pressure.

Why it works:

Deep pressure tells the brain, “I’m safe.” It lowers emotional intensity immediately.

When to use it:

Tantrums, shutdowns, and big feelings.



RESET #3 — Windy Willow Breath

(The fast-acting breathing tool kids actually like)

Arms rise on inhale, fall on long exhale like tree branches in the wind.

Why it works: Lengthens the exhale → activates calm centers in the brain.

When to use it: Bedtime, transitions, leaving the house.



RESET #4 — Wall Pushes

(Releases tension + re-centers the brain)

Hands on the wall, feet back, push firmly for 10 seconds.

Repeat 2–3 times.

Why it works:

Heavy work resets the sensory system.

When to use it:

Before chores, before appointments, when they're "too wild."



RESET #5 — Grounding Sways

(Soothing for sensory overwhelm)

Feet hip-width apart, gentle side-to-side sway.

Why it works:

Rhythm + motion = instant nervous system reset.

When to use it:

Noise sensitivity, overstimulation, overstressed days.



The Under-2-Minute Emergency Plan

Perfect for when YOU are overwhelmed too.

Step 1: Lower your voice by 20%. Your calm nervous system becomes theirs.

Step 2: Name what's happening. "You're not in trouble. Your brain just needs a reset."

Step 3: Choose ONE reset from this guide. Keep it simple.

Step 4: End with connection. A hand squeeze, a nod, a hug — whatever your child prefers.

This 4-step loop restores safety quickly.

When to Use These Resets

- Morning routines
- After school
- Before homework
- Public meltdowns
- Bedtime
- Emotional flooding
- Transitions
- While traveling
- Before leaving the house
- During sibling conflicts
- Anywhere. Anytime. No prep.

Want More Tools That Work THIS Fast?

If you love these 2-minute resets, you'll LOVE the full systems inside my e-books.

☞ **Mini Parent Survival Guide**

Calm routines, meltdown plan, scripts, behavior decoding, daily tools.

☞ **Mind~Crafts Pre-K**

Movement + crafts for focus, creativity, and emotional safety.

☞ **Mind~Crafts Grades 1-2**

Brain-based learning activities that make home, school and homework easier.

Shop the Calm Kids E-Book Collection



Final Gentle Reminder

You're not behind.

You're not failing.

Your child isn't "too much."

**Their nervous system just needs
different tools, and now you have them.
Small resets lead to big breakthroughs.
And you've already taken the first step.**



Tippy