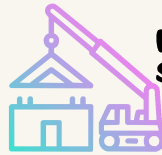


# 101 CALM DOWN STRATEGIES FOR KIDS



**BUILD SOMETHING**

**JUMP UP AND DOWN FOR A MINUTE**



**RUN IN PLACE**



**WRITE DOWN THREE THINGS YOU ARE GRATEFUL FOR**



**GO FOR A WALK**



**COLOR**

**USE A WEIGHTED BLANKET**



**GET A DRINK OF WATER**



**GET UP AND MOVE AROUND**



**EXERCISE**



**GET OR GIVE A HUG**



**LOOK AT PHOTOS**

**EAT A HEALTHY SNACK**



**LISTEN TO A GUIDED MEDITATION FOR KIDS**

**CUDDLE UP WITH A COZY BLANKET**



**TENSE AND RELAX YOUR MUSCLES**



**FEEL YOUR PULSE**



**LOOK AT A PICTURE OF A PEACEFUL PLACE**



**WRITE IN A JOURNAL**

**WRITE A STORY**



**GET A BACK SCRATCH**



**DO ORIGAMI**

**ASK FOR HELP IF YOU NEED**



**PRACTICE YOGA**

**GO TO A PARK**



**DO FIFTY ARM CIRCLES**

**GO SWIMMING**



**LISTEN TO AN AUDIO BOOK**



**TALK TO SOMEONE YOU TRUST**

**PRACTICE YOGA**

**CLEAN OR ORGANIZE YOUR ROOM**



**LISTEN TO MUSIC**



**DANCE**

**COUNT BACKWARDS FROM 50**

**50**

**BLOW BUBBLES**

**COUNT TO 10 OR 100**

**10**

**100**



**DOODLE ON A PAPER**

**CLOSE YOUR EYES AND BREATHE DEEP**

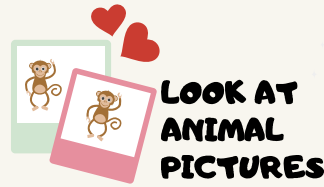


**DO A WALL SIT FOR AS LONG AS YOU CAN**

**GO TO A QUIET PLACE**

# 101 CALM DOWN STRATEGIES FOR KIDS

- LIST FIVE THINGS YOU CAN SEE
- LIST FOUR THINGS YOU CAN FEEL
- LIST ONE THING YOU LIKE TO TASTE
- LIST THREE THINGS YOU CAN HEAR
- LIST TWO THINGS YOU CAN SMELL



**LOOK AT ANIMAL PICTURES**



**LOOK AT THE STARS**



**LOOK OUT THE WINDOW**



**PET AN ANIMAL**



**PLAY A CARD GAME**



**DO A PUZZLE**



**PLAY A BOARD GAME**

**PUSH YOUR PALMS TOGETHER**



**PLAY A SPORT**



**PLAY MUSIC ON AN INSTRUMENT**



**READ JOKES OR COMICS**



**READ A BOOK**



**RIP UP NEWSPAPER**



**PLAY WITH LEGOS**



**RIDE A BIKE**



**SPEND TIME IN NATURE**



**RUN AROUND OUTSIDE**



**RUN IN PLACE**



**SING A SONG**



**SWING**



**STRETCH**



**TAKE A BREAK**



**SMELL YOUR FAVORITE SCENTS**



**SQUEEZE CLAY OR PLAY-DOH**



**TAKE A WARM BATH OR SHOWER**



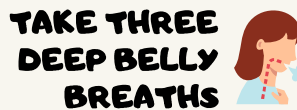
**TAKE A BREAK FROM ELECTRONICS**



**TAKE A BUBBLE BATH**



**TAKE A NAP**



**TAKE THREE DEEP BELLY BREATHS**



**WATCH A MOVIE**

## TELL YOURSELF

- BE CALM, BE CALM
- I AM COOL AND CALM
- I CAN DEAL WITH THIS
- I CAN GET HELP IF I NEED IT
- I GOT THIS
- I'M IN CONTROL OF MYSELF



**THINK OF SOMETHING FUNNY**



**THINK HAPPY THOUGHTS**

- I'M LETTING THIS ONE GO
- I'M STRONG, I CAN HANDLE THIS
- I WON'T LET THIS PROBLEM GET ME DOWN
- RELAX, IT'S OKAY
- TIME OUT, I'M TAKING A WALK



**VISUALIZE YOURSELF CALMING DOWN**



**WRITE A LIST OF YOUR TOP TEN COPING SKILLS**



**YELL INTO A PILLOW**



**WATCH THE CLOUDS GO BY**

# 101 CALM DOWN STRATEGIES FOR KIDS

- 1) ASK A FRIEND TO PLAY
- 2) ASK FOR HELP IF YOU NEED IT
- 3) BLOW A PINWHEEL
- 4) BLOW BUBBLES
- 5) BUILD SOMETHING
- 6) CLEAN OR ORGANIZE YOUR ROOM
- 7) CLOSE YOUR EYES AND BREATHE DEEP
- 8) COLOR
- 9) COUNT BACKWARDS FROM 50
- 10) COUNT TO 10 OR 100
- 11) CUDDLE UP WITH A COZY BLANKET
- 12) DANCE
- 13) DO A PUZZLE
- 14) DO A WALL SIT FOR AS LONG AS YOU CAN
- 15) DO A WORD SEARCH
- 16) DO FIFTY ARM CIRCLES
- 17) DOODLE ON A PAPER
- 18) DO ORIGAMI
- 19) DRAW
- 20) EAT A HEALTHY SNACK
- 21) EXERCISE
- 22) FEEL YOUR PULSE
- 23) GET A BACK SCRATCH
- 24) GET A DRINK OF WATER
- 25) GET OR GIVE A HUG
- 26) GET UP AND MOVE AROUND
- 27) GO FOR A WALK
- 28) GO SWIMMING
- 29) GO TO A PARK
- 30) GO TO A QUIET PLACE
- 31) HUG A PILLOW OR STUFFED ANIMAL
- 32) JUMP UP AND DOWN FOR A MINUTE
- 33) LISTEN TO A GUIDED MEDITATION FOR KIDS
- 34) LISTEN TO AN AUDIO BOOK
- 35) LISTEN TO MUSIC
- 36) LIST FIVE THINGS YOU CAN SEE
- 37) LIST FOUR THINGS YOU CAN FEEL
- 38) LIST ONE THING YOU LIKE TO TASTE
- 39) LIST THREE THINGS YOU CAN HEAR
- 40) LIST TWO THINGS YOU CAN SMELL
- 41) LOOK AT ANIMAL PICTURES
- 42) LOOK AT A PICTURE OF A PEACEFUL PLACE
- 43) LOOK AT PHOTOS
- 44) LOOK AT THE STARS
- 45) LOOK OUT THE WINDOW
- 46) PAINT
- 47) PET AN ANIMAL
- 48) PLAY A BOARD GAME
- 49) PLAY A CARD GAME
- 50) PLAY A SPORT
- 51) PLAY "I SPY"
- 52) PLAY MUSIC ON AN INSTRUMENT
- 53) PLAY WITH LEGOS
- 54) PRACTICE YOGA
- 55) PUSH YOUR PALMS TOGETHER
- 56) READ A BOOK
- 57) READ JOKES OR COMICS
- 58) RIDE A BIKE
- 59) RIP UP A NEWSPAPER
- 60) ROCK BACK AND FORTH
- 61) RUN AROUND OUTSIDE
- 62) RUN IN PLACE
- 63) SING A SONG
- 64) SMELL YOUR FAVORITE SCENTS
- 65) SPEND TIME IN NATURE
- 66) SQUARE BREATHING
- 67) SQUEEZE A STRESS BALL
- 68) SQUEEZE CLAY OR PLAY-DOH
- 69) STRETCH
- 70) SWING
- 71) TAKE A BREAK
- 72) TAKE A BREAK FROM ELECTRONICS
- 73) TAKE A BUBBLE BATH
- 74) TAKE A NAP
- 75) TAKE A WARM BATH OR SHOWER
- 76) TAKE THREE DEEP BELLY BREATHS
- 77) TALK TO SOMEONE YOU TRUST
- 78) TELL YOURSELF: BE CALM, BE CALM
- 79) TELL YOURSELF: I AM COOL AND CALM
- 80) TELL YOURSELF: I CAN DEAL WITH THIS
- 81) TELL YOURSELF: I CAN GET HELP IF I NEED IT
- 82) TELL YOURSELF: I GOT THIS
- 83) TELL YOURSELF: I'M IN CONTROL OF MYSELF
- 84) TELL YOURSELF: I'M LETTING THIS ONE GO
- 85) TELL YOURSELF: I'M STRONG, I CAN HANDLE THIS
- 86) TELL YOURSELF: I WON'T LET THIS PROBLEM GET ME DOWN
- 87) TELL YOURSELF: RELAX, IT'S OKAY
- 88) TELL YOURSELF: TIME OUT, I'M TAKING A WALK
- 89) TENSE AND RELAX YOUR MUSCLES
- 90) THINK HAPPY THOUGHTS
- 91) THINK OF SOMETHING FUNNY
- 92) USE A WEIGHTED BLANKET
- 93) VISUALIZE YOURSELF CALMING DOWN
- 94) WATCH A MOVIE
- 95) WATCH THE CLOUDS GO BY
- 96) WRITE A LIST OF YOUR TOP TEN COPING SKILLS
- 97) WRITE A STORY
- 98) WRITE DOWN THREE THINGS YOU ARE GRATEFUL FOR
- 99) WRITE DOWN YOUR FEELINGS
- 100) WRITE IN A JOURNAL
- 101) YELL INTO A PILLOW