

75 EASY AND FUN CALM DOWN STRATEGIES FOR KIDS

1. Slow down your breathing.
2. Get comfort from a warm compress.
3. Stretch.
4. Write a letter.
5. Breathe in a favorite scent.
6. Drink a glass of water.
7. Get wrapped up tight in a blanket like a burrito.
8. Run/walk around the outside of the house a few times.
9. Draw/color what your feelings would look like.
10. Squeeze something.
11. Do animal walks (bear, crab, frog jumps etc)
12. 'Yell your anger' into a pillow/blanket/sleeve.
13. Watch an animal.
14. Climb.
15. Cuddle up with a cozy blanket.
16. Do a handstand.
17. Try a short guided meditation for kids.
18. Play with water.
19. Listen to music.
20. Jump.
21. Visualize a 'happy place'.
22. Play/cuddle with a pet.
23. Do a downward-facing dog yoga pose.
24. 5-4-3-2-1 Challenge (5 senses check-in).
25. Go outdoors.
26. Give yourself a hand massage.
27. Slow down your breathing with an expandable ball.
28. Squeeze a stuffed animal.
29. Identify your emotions.
30. Touch or hold something from nature.
31. Do wall push-ups.
32. Do a sensory play activity.
33. Ask for a hug.
34. Count your heartbeats.
35. Push your palms together, hold, then release and repeat.
36. Put on noise-canceling headphones for quiet.
37. Turn off the lights.
38. Tell a grown-up what you need.
39. Get a back scratch.
40. Take a warm bath.
41. Read a book about emotions.
42. Make your own fidget.
43. Rock back and forth.
44. Do a 'brain dump' in a journal.
45. Rip up or crumple a piece of paper.
46. Name 5 favorite things.
47. Chew gum or a chewy.
48. Rock yourself like a baby.
49. Cover up with a weighted blanket.
50. Color or read on your stomach.
51. Go to the park.
52. Watch a bubble timer or bubble stick.
53. Find a cozy space to crawl into.
54. Do 15 squats.
55. Squeeze your fists as tight as you can.
56. Count backward from 50.
57. Remind yourself it's ok to be angry/upset/hurt etc.
58. No, seriously. Go outside!
59. Go for a bike ride.
60. Try a yoga video on Youtube.
61. Try an exercise video on Youtube.
62. Learn about your brain and why it's hard to control your emotions sometimes (hand model of the brain).
63. Close your eyes and tune out the world.
64. Give yourself a tight squeeze.
65. Sit with your feelings for a few minutes and allow yourself to experience them.
66. Call a friend.
67. Pray.
68. Eat a crunchy snack.
69. Knit or crochet.
70. Repeat positive affirmations.
71. Look at a magazine.
72. Make a pillow trail and crawl over it.
73. Recite the alphabet backward.
74. Make a fort to hide in.
75. Remind yourself emotions are like waves, they come and they go.