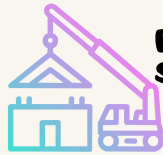


101 CALM DOWN STRATEGIES FOR KIDS



JUMP UP AND DOWN FOR A MINUTE



RUN IN PLACE



WRITE DOWN THREE THINGS YOU ARE GRATEFUL FOR



GO FOR A WALK



USE A WEIGHTED BLANKET



GET A DRINK OF WATER



GET UP AND MOVE AROUND



EAT A HEALTHY SNACK



LISTEN TO A GUIDED MEDITATION FOR KIDS



LOOK AT PHOTOS



FEEL YOUR PULSE



CUDDLE UP WITH A COZY BLANKET



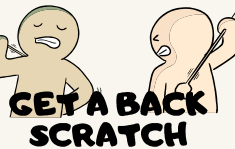
TENSE AND RELAX YOUR MUSCLES



LOOK AT A PICTURE OF A PEACEFUL PLACE



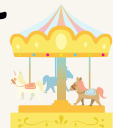
WRITE IN A JOURNAL



ASK FOR HELP IF YOU NEED



GO TO A PARK



DO FIFTY ARM CIRCLES



LISTEN TO AN AUDIO BOOK



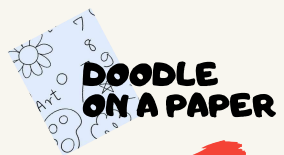
PRACTICE YOGA

CLEAN OR ORGANIZE YOUR ROOM

COUNT BACKWARDS FROM 50



COUNT TO 10 OR 100



CLOSE YOUR EYES AND BREATHE DEEP

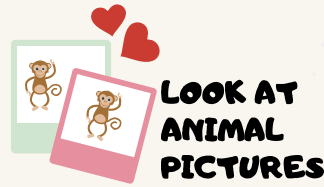


DO A WALL SIT FOR AS LONG AS YOU CAN



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



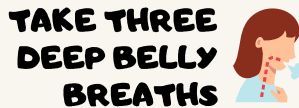
TAKE A BREAK FROM ELECTRONICS



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