

# FEELING OVERWHELMED? HOLIDAY EDITION

**START HERE**

Do you need to be alone?

NO

YES

**TRY THIS**

Take 5 deep belly breaths. Do you feel better?

YES

Great! If you still feel a little overwhelmed, you can go here.

Not now

CHOOSE ONE

Can you go outside?

Yes!

CHOOSE ONE

Quiet activity

Lay back and watch the clouds

Movement

Build an obstacle course

YES

Punch a pillow

OR

Imaginary jump rope

NO

Do you have lots of energy?

Practice yoga

OR

Practice slow motion karate

Put headphones and listen to calming music

Do you still feel overwhelmed?

Play with a fidget toy while you listen

CHOOSE ONE

Move OR Create OR Play outside

Play music and dance OR Kick a ball back and forth OR Make art together OR Bake together OR Play tag

Pretend to be

Dragons

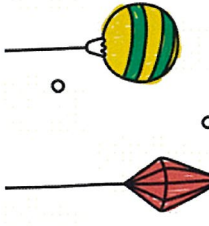
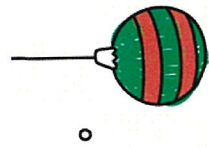
Wild animals

Spies

Quiet activity OR Movement

# TOOLS + ACTIVITIES FOR WHEN YOU FEEL OVERWHELMED

\* HOLIDAY EDITION \*



## WHEN YOU WANT TO BE TOGETHER

### Calm Down Tools:

- ★ Puzzles
- ★ Mini massager
- ★ Board or card games

### Calming Activities:

- ★ Give hugs or massages
- ★ Take a walk together
- ★ Throw or kick a ball back and forth

## WHEN YOU WANT TO BE STILL

### Calm Down Tools:

- ★ Weighted or heated blanket
- ★ Noise-cancelling headphones
- ★ Sound machine

### Calming Activities:

- ★ Make art
- ★ Read a book
- ★ Listen to a guided meditation



## WHEN YOU WANT TO BE ALONE

### Calm Down Tools:

- ★ Blank books
- ★ Building toys
- ★ Stress ball

### Calming Activities:

- ★ Listen to music
- ★ Write/draw in a journal
- ★ Colour in a colouring book



## WHEN YOU WANT TO BE INSIDE

### Calm Down Tools:

- ★ Essential oils + diffuser
- ★ MP3 player with peaceful music
- ★ Fidget toys

### Calming Activities:

- ★ Chew on gum or hard candy
- ★ Build something
- ★ Solve a logic puzzle

## WHEN YOU WANT TO BE OUTSIDE

### Calm Down Tools:

- ★ Bubbles + wand
- ★ Swings
- ★ Balls to kick and throw

### Calming Activities:

- ★ Play imagination games
- ★ Run + climb
- ★ Watch birds + wildlife

