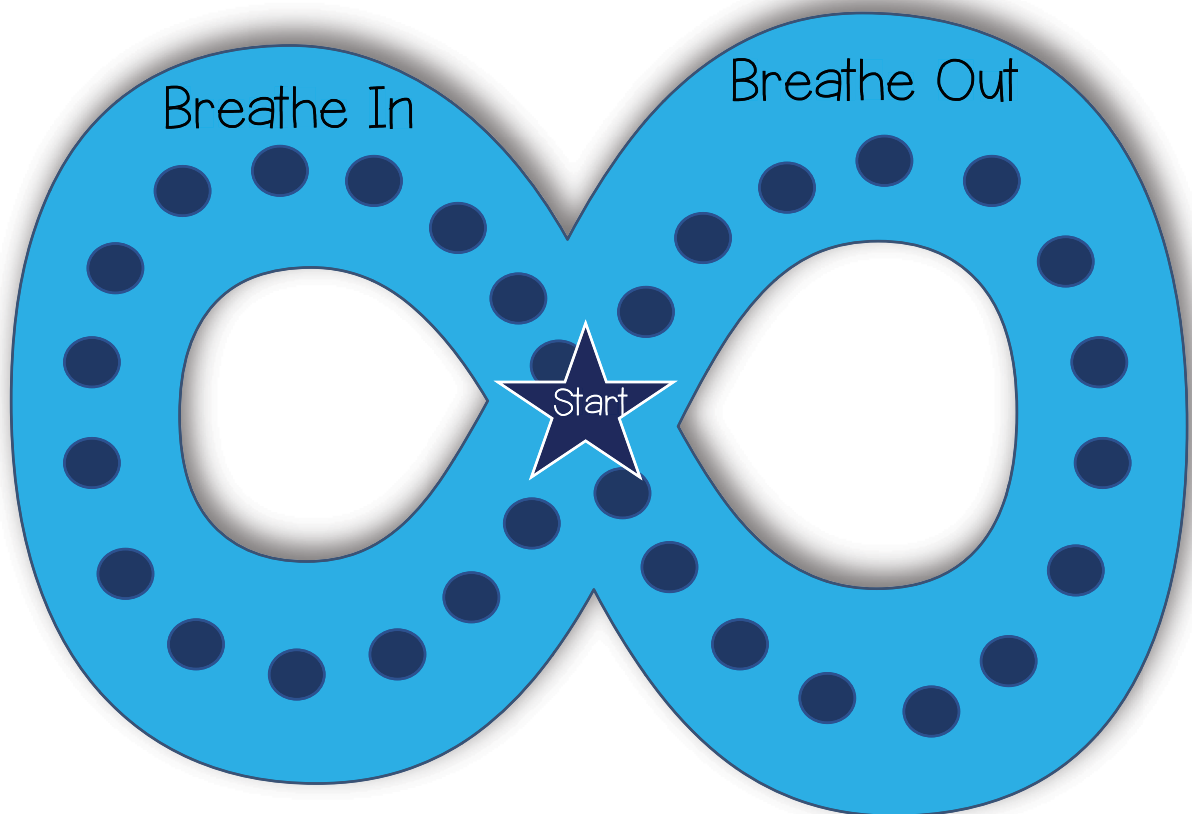


# Calming Strategies

23 ways to calm down if you are feeling worried or anxious at home

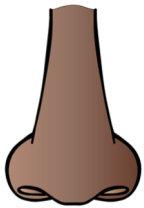
## 1. Figure 8 breathing

Trace the 8 with your pointer finger while you breathe in and breathe out.



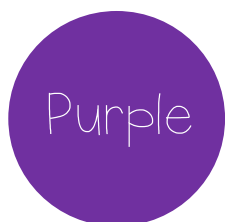
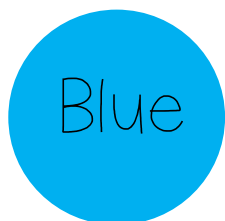
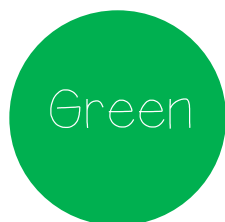
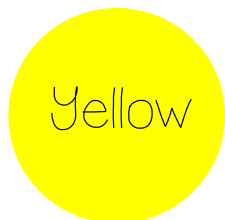
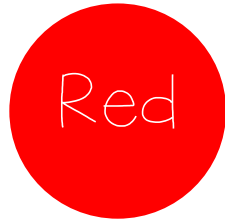
## 2. Grounding Exercise #1

Take a moment to notice what is happening around you.  
What do you see? What do you hear? What can you touch?  
What can you smell? What can you taste?



# 3. Grounding Exercise #2

Take a moment to notice what is happening around you.  
Can you find 5 things for every color?



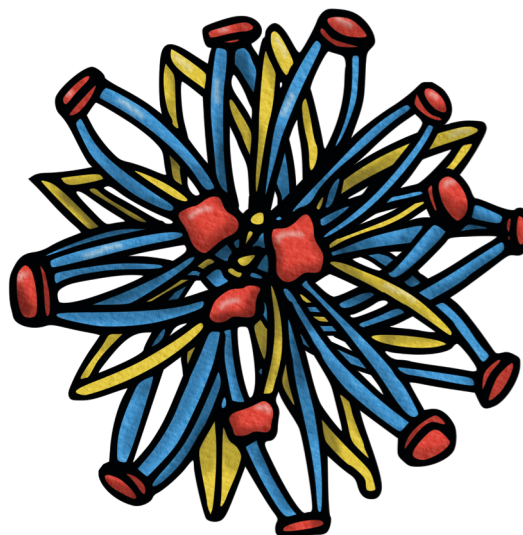
## 4. Journaling

Start a journal. You can use paper or download an app. Write about how you're feeling and what you did today. What feelings are you noticing in your body? Do you have any worries? What are they?



## 5. Use Your Breathing Ball

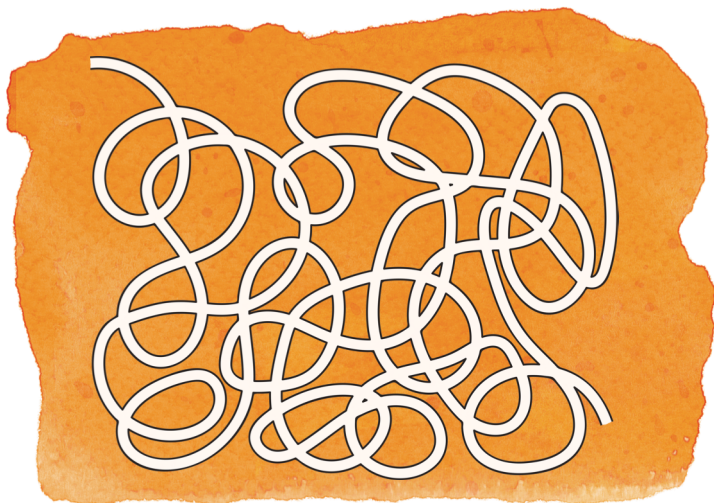
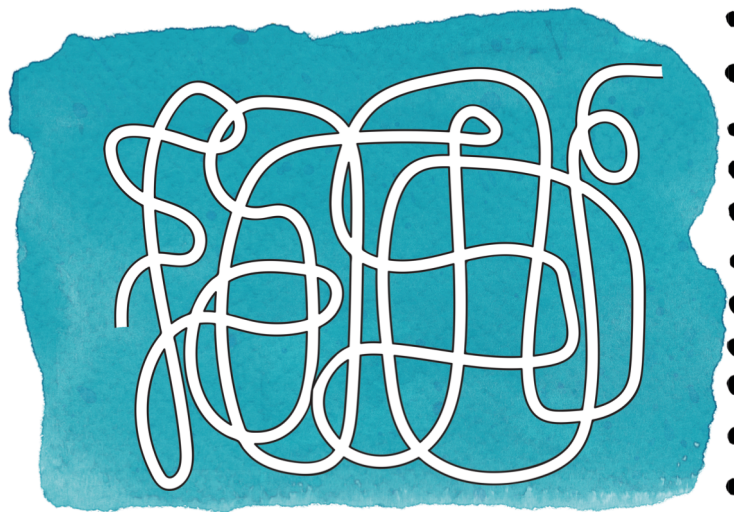
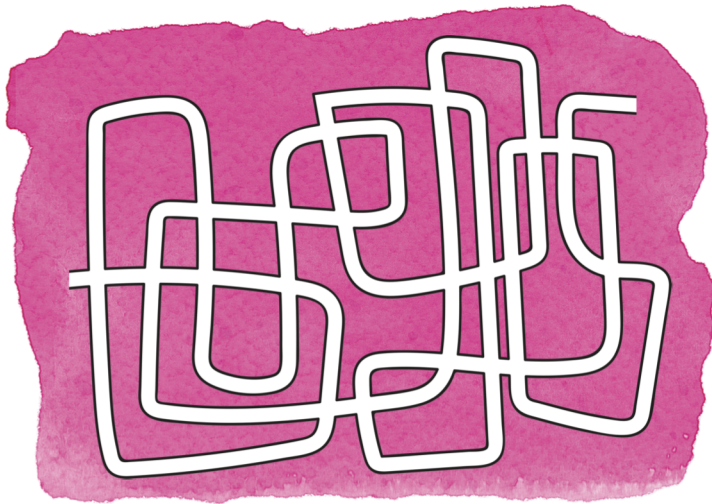
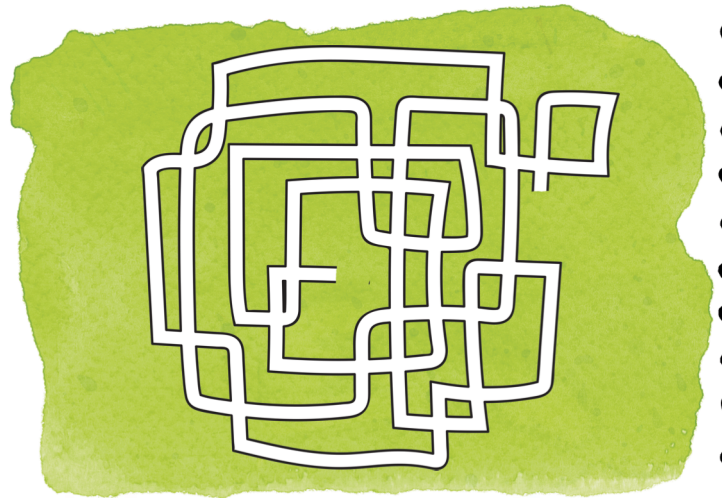
Close your eyes and imagine that you are using the breathing ball just like we do at school. Hold your hands in front of you with the imaginary ball in between them. Breathe in and open your hands. Picture the breathing ball opening. Breathe out and close your hands. Picture the breathing ball closing.



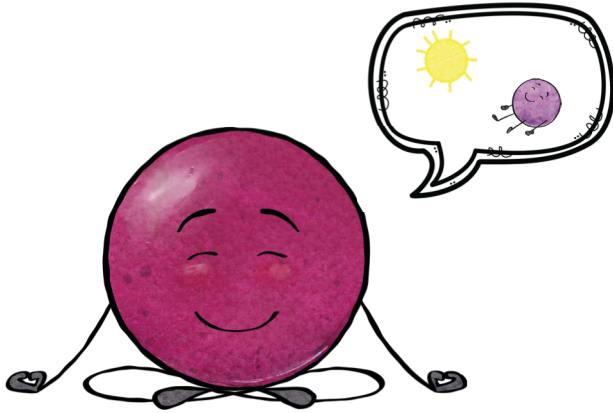
# 6. Complete A Maze

Focus your attention on the maze.

See if you can find your way from one side of the maze to the other. Trace with your pointer finger or a pencil.



# 7. Take a Mental Vacation



Remember when we painted our mental vacations? A mental vacation is a place that you can go in your brain. It's a happy and calm place.

Close your eyes and imagine yourself in a place that makes you feel happy, calm, and relaxed. Optional: draw a picture or paint your mental vacation and write about it.

## My Mental Vacation

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## 8. Listen to Music or Dance

Take a moment to let loose through music. Sing, dance, and do whatever your heart desires!



## 9. Count

One of the calm down strategies we learn in Second Step is counting. If you have strong feelings, try counting to 10, 30, or even 100. Focus on the numbers.

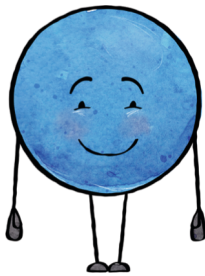


# 10. Stretch or do Yoga

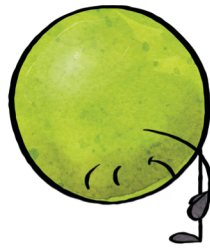
Find a kids yoga video online (Cosmic Kids and Go Noodle are great resources) or try these poses!

Focus on your breathing.

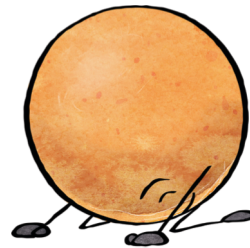
Mountain



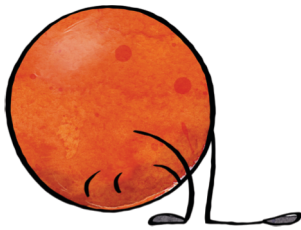
Forward Fold



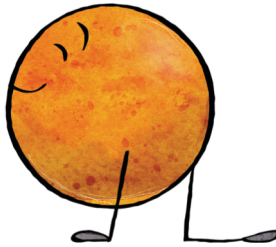
Child's Pose



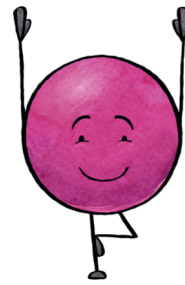
Cat



Cow



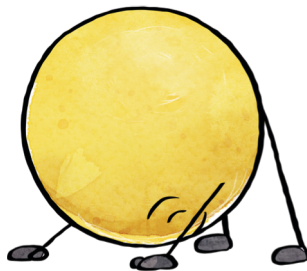
Tree



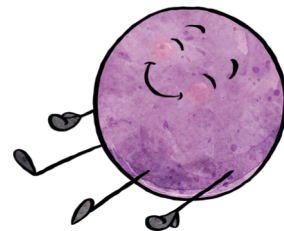
Side Angle



Downward Dog



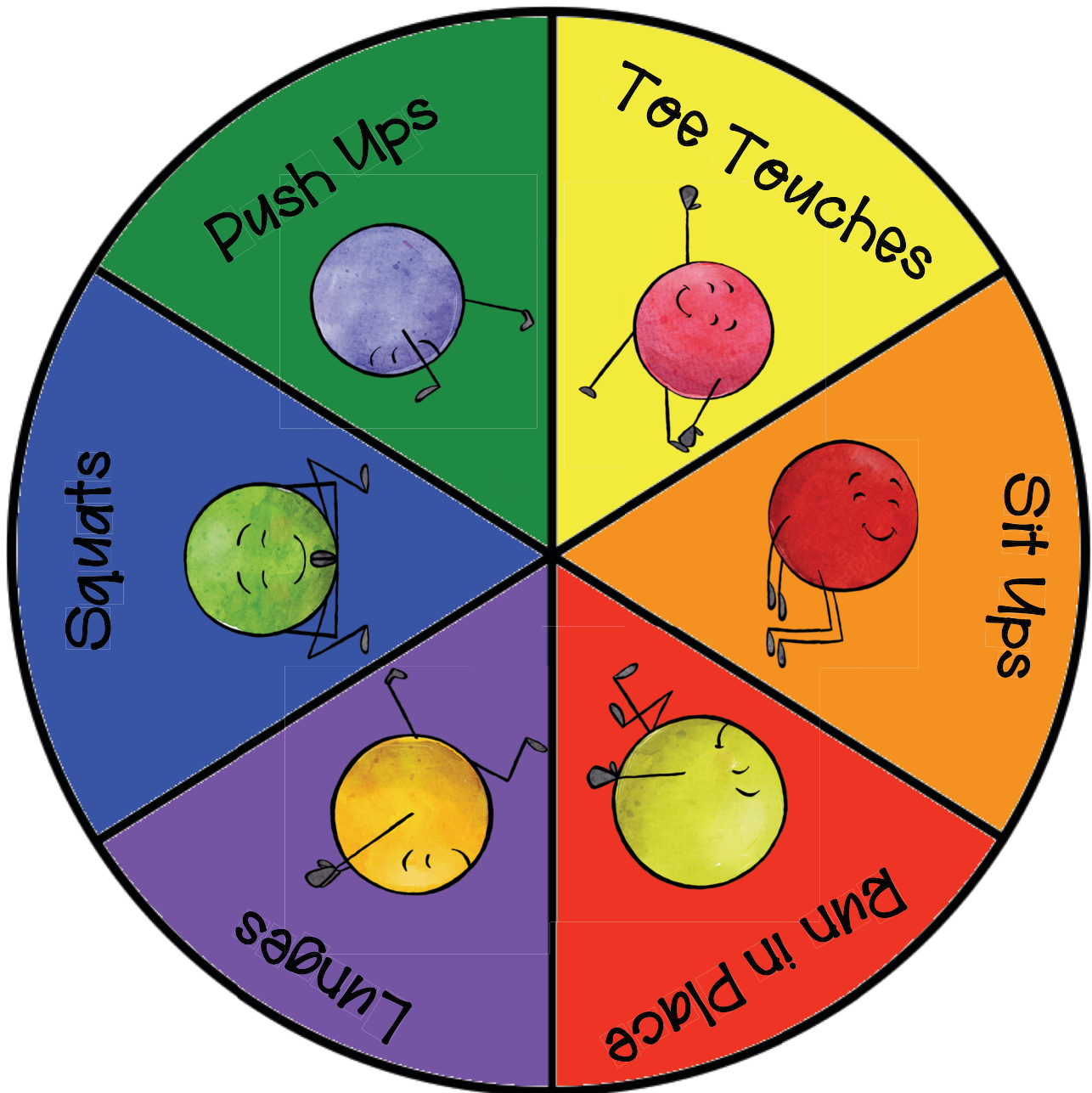
Rest





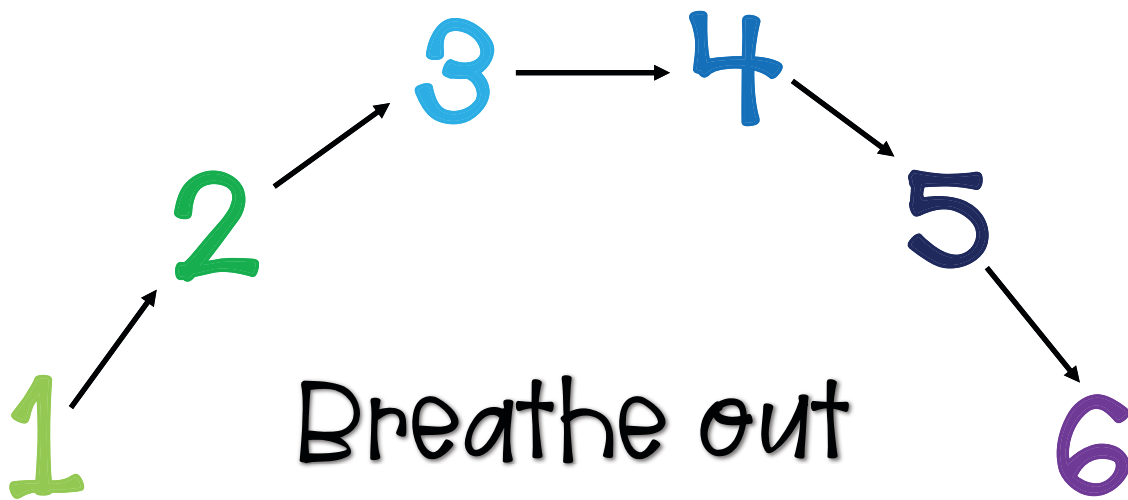
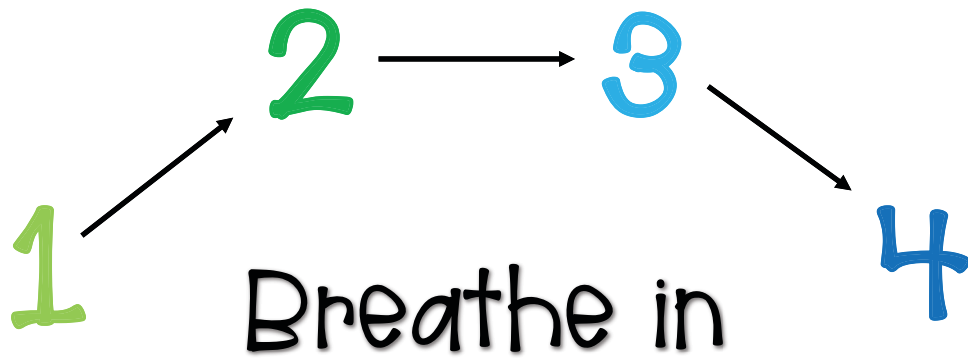
# 11. Exercise

Move your body! Exercise is good for our brains and our bodies. Dance, run, jump, or do some of the exercises below. How many can you do?



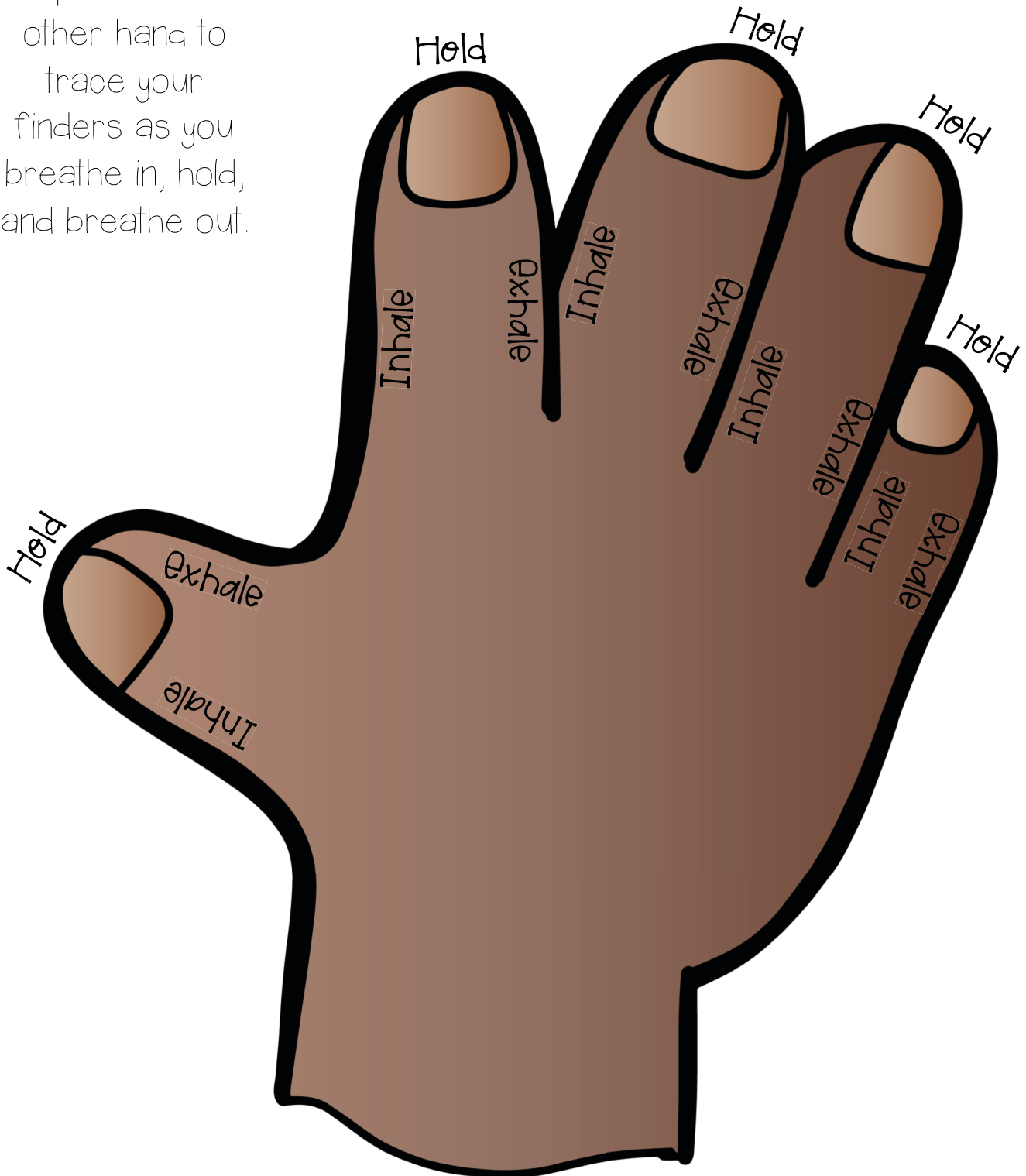
# 12. 4 x 6 Breathing

Point to the numbers as you breathe in for 4 seconds and breathe out for 6 seconds.



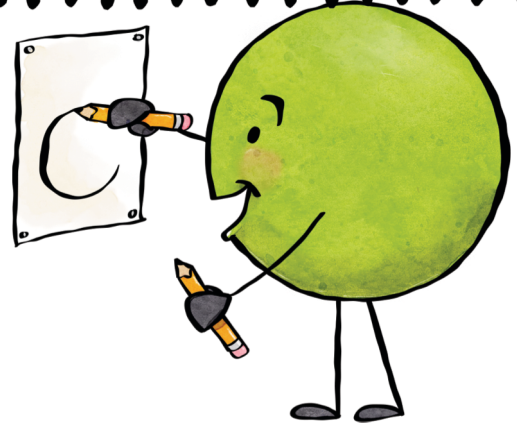
# 13. Finger Breathing

Hold one hand up. Use the other hand to trace your fingers as you breathe in, hold, and breathe out.

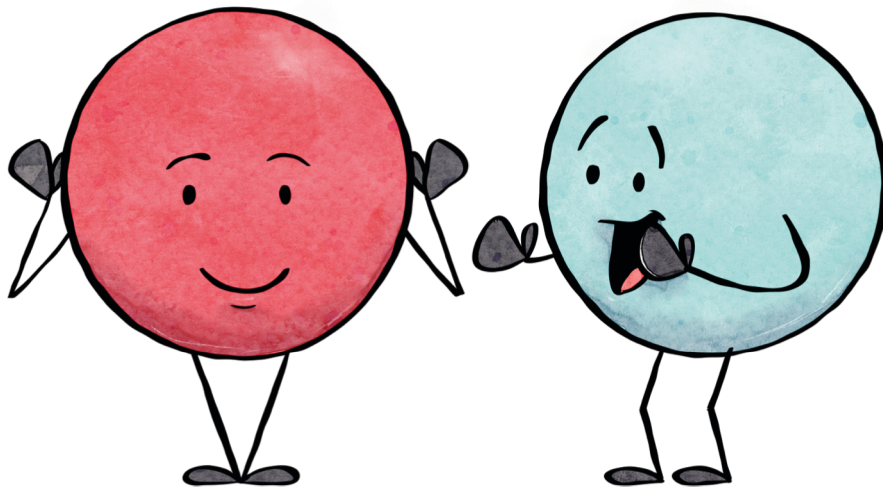


## 14. Draw

Draw anything that comes to mind!



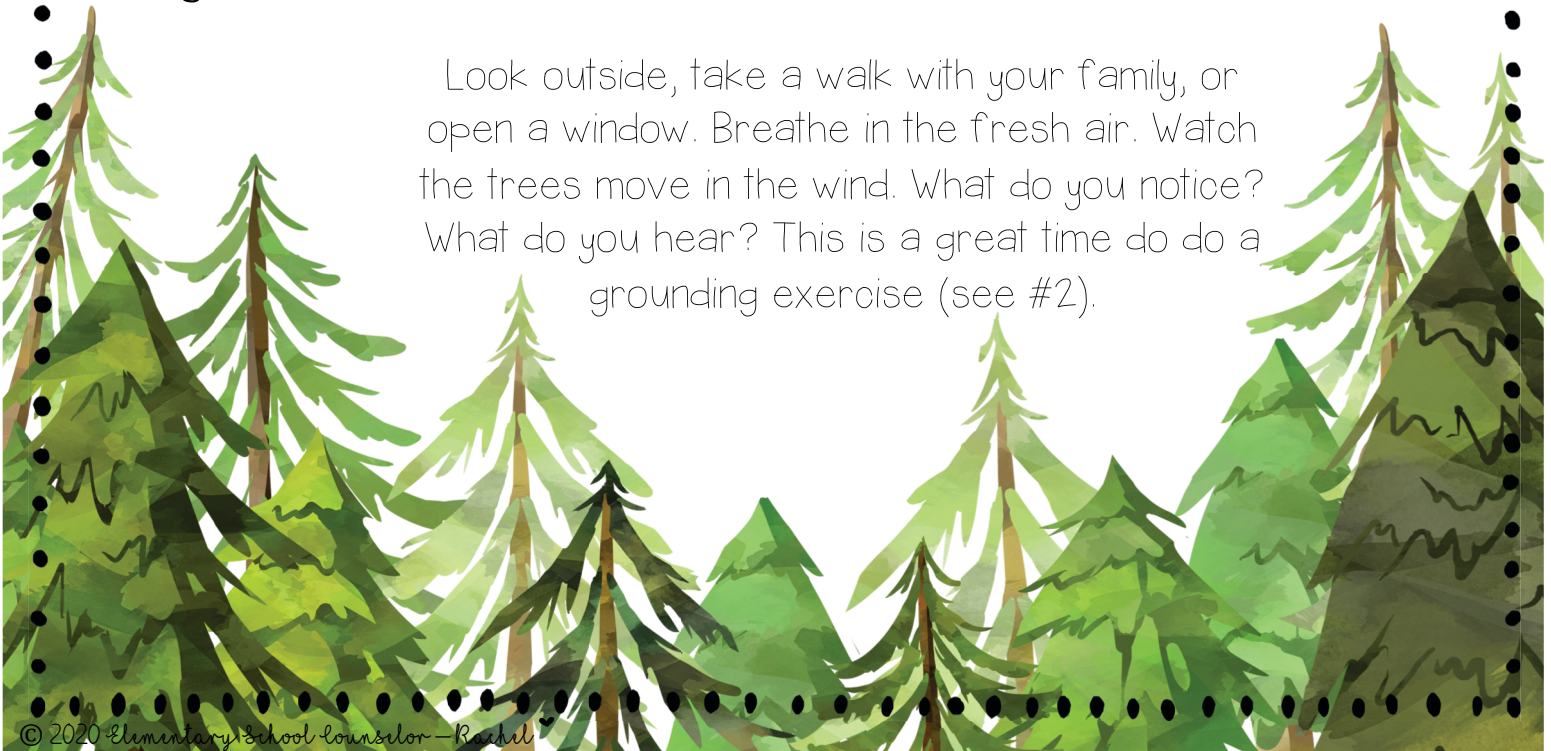
## 15. Talk to Someone



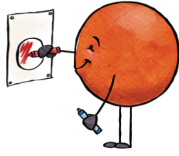
Share your worries with an adult or family member at home.

## 16. Nature

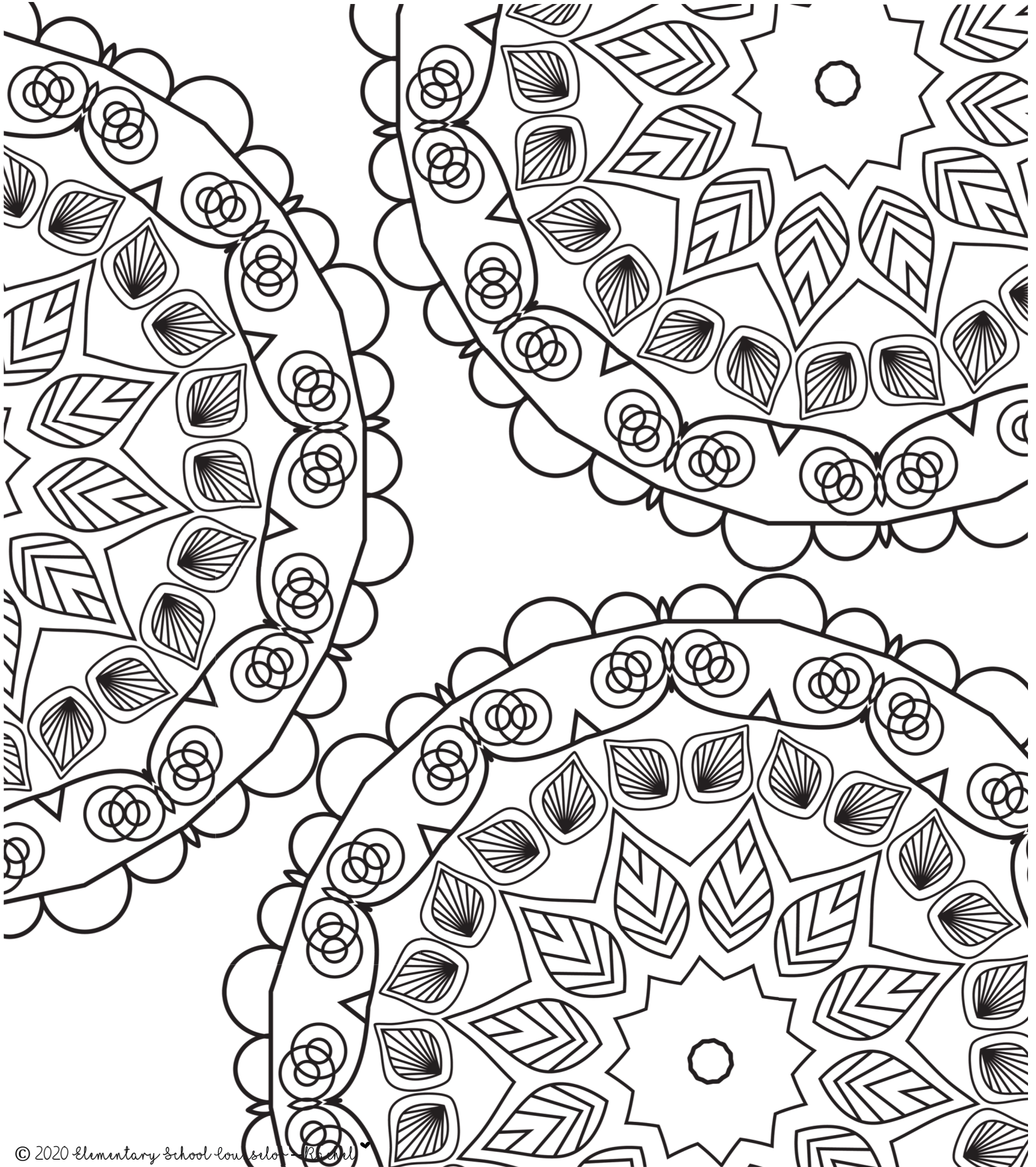
Look outside, take a walk with your family, or open a window. Breathe in the fresh air. Watch the trees move in the wind. What do you notice? What do you hear? This is a great time to do a grounding exercise (see #2).



# 17. Color

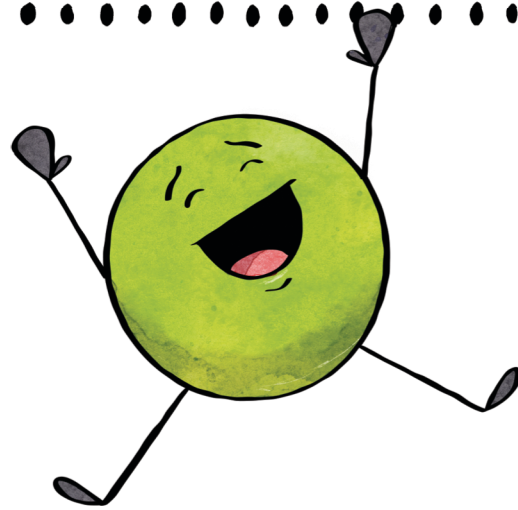


Find a coloring sheet online  
or use this one! Or,  
download a coloring app.



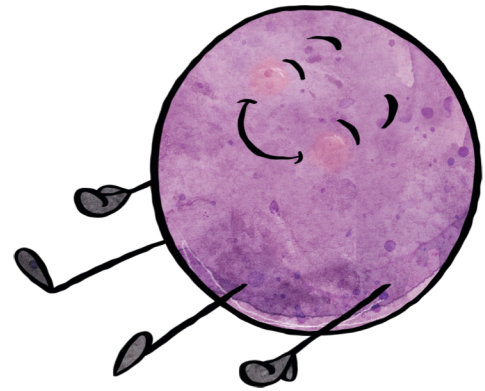
## 18. Laugh

Watch a funny video, tell a joke, or just laugh!



## 19. Progressive Muscle Relaxation

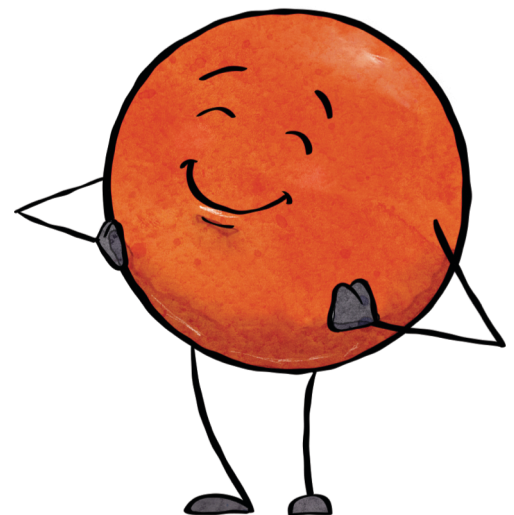
Start with your face. Squeeze the muscles in your face tight. Keep squeezing. Release and let your body relax. Continue with every part of your body until you get to your feet.



## 20. Positive Self-Talk

"Everything is going to be okay"  
"I am calm"  
"I am safe"  
"I am strong"  
"I can do this!"

Optional: look in the mirror and say the positive self-talk out loud



## 21. Worry Timer

Set a phone timer for 3 minutes. Think about all of your worries. When the timer runs out, picture the worries floating away and do your best to think about other things.



## 22. Create a Worry Box

Write or draw your worries on a piece of paper. When you are done, crumple or fold them up and put them in a box or container.

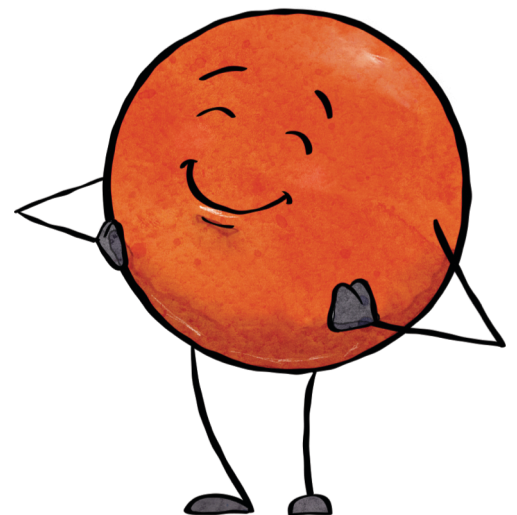
Optional: parent/guardian can check the box each day to see worries and discuss with child.

I am worried about not seeing my teacher for a while.

## 23. Name and Talk to Your Worry

1. Name your worry
2. When you feel worried talk to your worry

"Marcus you are not in charge of my thoughts. I don't need to worry. I can be calm."



# Resources



<https://www.teacherspayteachers.com/Store/Digitalartsi>



<https://www.teacherspayteachers.com/Store/Sarah-Pecorino-Illustration>



<https://www.teacherspayteachers.com/Store/Educlips>



<https://www.teacherspayteachers.com/Store/Crunchy mom>



<https://www.teacherspayteachers.com/Store/Hidesys-Clipart>



<https://www.teacherspayteachers.com/Store/Dancing-Crayon-Designs>



<https://www.teacherspayteachers.com/Store/Hello-Literacy>



<https://www.teacherspayteachers.com/Store/Bevs-Learning-Hut>