

## Ways to Calm



# Ways I Can Calm Down

## Smell & Cool the Soup



Pretend I have a bowl of soup in my hands. Smell it, then blow to cool it off.

## Tuck Like a Turtle



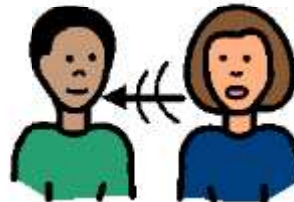
Tuck into a "shell" like a turtle and take 3 deep breaths to slow myself down.

## Stuffed Animal Elevator



Lay down and put a stuffed animal on your tummy. Then take deep breathes to make the animal move up and down like an elevator

## Talk about It



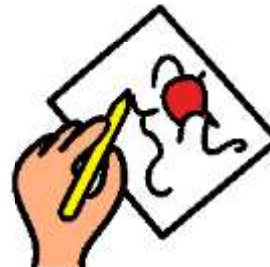
Find a safe person and talk to them about what is making you have big feelings.

## Strong Like a Stick Limp Like a Noodle



Make your body stiff like a stick. Then relax your muscles to feel limp and wiggly like a cooked spaghetti noodle

## Draw A Picture



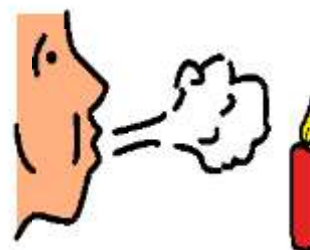
Draw a picture of why I am upset and tell a safe person about my picture

## Count Slow & Quiet



By counting slow and quiet I can calm my body and mind so I can make safe choices.

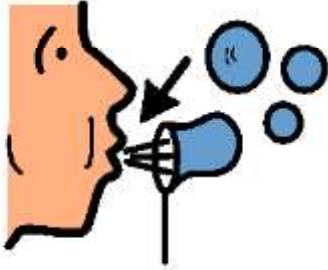
## Blow Out the Candle



Put my finger up like a pretend candle. Then take 4 or 5 deep breaths to "blow the candle out"

# Ways I Can Calm Down

Blow Bubbles



Blow bubbles, or have someone else blow them and you pop them.

Sensory Box



Use your sensory box to help you calm down in a quiet spot.

Go for a Walk



Go for a walk. Try to walk all the big feelings out of your body.

Eagle Stretch



Put your arms up like eagle's wings and then raise them up and down like an eagle flaps its wings.

Stress Ball



Squeeze a ball while you breathe in and out.

Quiet Spot



Find a quiet spot to sit and relax.

Ask for a Hug



Ask for a hug or to sit with an adult.

Read a Book



Find a book to read and take your mind off what is bothering you.