

CALMING STRATEGIES

FOR KIDS

Big Life Journal

Do a puzzle

Paint

Do a silly dance

Place an ice pack on my neck

Do yoga poses

Make a fist, then relax

Read a book

Pet my animal

Stretch

Build something

Use weighted blanket

Visualize a peaceful place

Listen to relaxing music

Have some alone time

Look at my glitter jar

Write in a journal

Play with modeling clay

Take a warm bath

Take 10 deep breaths

Go outside

Draw how I feel

Jump on a trampoline

Hum or sing a song

Give someone a hug

When I feel upset, worried or disappointed I can

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