



CALM DOWN



STRATEGIES FOR KIDS



TAKE 10 DEEP
BREATHS

DO 10 JUMPING
JACKS

DO SOME
STRETCHES

DRAW A PICTURE

COUNT TO 20
SLOWLY

WRITE IN A
JOURNAL

ASK SOMEONE YOU
LOVE FOR A HUG

TAKE A WALK

GIVE YOURSELF A
BREAK

THINK OF 5
THINGS YOU LOVE

LISTEN TO
RELAXING MUSIC

MAKE A PLAN TO
FIX THE ISSUE

TAKE SLOW DRINKS
OF WATER

TALK TO SOMEONE
ABOUT IT

