

100 CALMING STRATEGIES FOR KIDS

VERYSPECIALTALES.COM

CHECKLIST

Breathing

- 1 ☐ Flower / Candle
- 2 ☐ Blow soap bubbles
- 3 ☐ Blow a pinwheel
- 4 ☐ Blow cotton
- 5 ☐ Blow a candle
- 6 ☐ Deep breathing + counting
- 7 ☐ 8 Breathing
- 8 ☐ Shapes Breathing
- 9 ☐ Lion Breathing
- 10 ☐ Bumble Bee Breathing
- 11 ☐ Belly Breathing
- 12 ☐ Alternate nostril breathing

Mindfulness

- 13 ☐ Body Scan Meditation
- 14 ☐ Eating a raisin
- 15 ☐ Mindfulness walk
- 16 ☐ Grounding Rocks
- 17 ☐ Meditation
- 18 ☐ 5-4-3-2-1 Grounding

Try some yoga poses!

- 19 ☐ Cat pose
- 20 ☐ Cow Pose
- 21 ☐ Child pose
- 22 ☐ Legs Up the Wall
- 23 ☐ Corpse Pose

Muscle Relaxation Techniques

- 24 ☐ Progressive muscle relaxation
- 25 ☐ Stress relief ball
- 26 ☐ Hug tight a soft toy
- 27 ☐ Hug yourself
- 28 ☐ Hug knees on floor
- 29 ☐ Palm Presses
- 30 ☐ Hand Squeezes
- 31 ☐ Wall Push

Massage

- 32 ☐ Story massage
- 33 ☐ Foot massage with lotion
- 34 ☐ Head massage
- 35 ☐ Arm massage
- 36 ☐ Ear massage
- 37 ☐ Hand massage

Using Imagination

- 38 ☐ Think happy thoughts
- 39 ☐ Visualize happy place
- 40 ☐ Swap bad thought for happy memories
- 41 ☐ Write down worries / Tear paper
- 42 ☐ Throw away worries
- 43 ☐ Put worries in a worry box
- 44 ☐ Feed your worry eater

Intense Activity

- 45 ☐ Bounce-on ball
- 46 ☐ Jump / Skip jumping/ Jumping Jacks
- 47 ☐ Go for a run / Indoors Run
- 48 ☐ Play catch with a weighted ball
- 49 ☐ Go bike riding
- 50 ☐ Dance

Sensory Strategies

- 51 ☐ Weighted blankets
- 52 ☐ Weighted vests
- 53 ☐ Weighted stuffed puppy
- 54 ☐ Body sock
- 55 ☐ Blanket wrap (Sausage)
- 56 ☐ Baby swaddle wrap
- 57 ☐ Lava lamp
- 58 ☐ Soothing lights
- 59 ☐ Soothing noises
- 60 ☐ Noise-canceling headphones
- 61 ☐ Sensory bottles
- 62 ☐ Sensory bins
- 63 ☐ Swing
- 64 ☐ Rocking chair
- 65 ☐ Wiggle cushions
- 66 ☐ Essential oils
- 67 ☐ Play with fidgeting toys

"Change of Scene"

- 68 ☐ Move to a different room
- 69 ☐ Step out into the garden
- 70 ☐ Go for a walk
- 71 ☐ Go to your calm down corner
- 72 ☐ Tent

"Change of Activity"

- 73 ☐ Watch a favorite tv program
- 74 ☐ Play board games
- 75 ☐ Play computer games
- 76 ☐ Read a book
- 77 ☐ Play with play dough
- 78 ☐ Listen to music
- 79 ☐ Listen to an audio book
- 80 ☐ Sing out loud
- 81 ☐ Tickle monster

Other Calming Ideas

- 82 ☐ A drawing of your day
- 83 ☐ Mandalas
- 84 ☐ Paint stones
- 85 ☐ Use emotions scales/charts
- 86 ☐ "Stop / Think / Do"
- 87 ☐ Start counting till relaxed
- 88 ☐ Create routines
- 89 ☐ Keep a journal
- 90 ☐ Positive affirmations
- 91 ☐ 3 Things I'm grateful for
- 92 ☐ Retell the story
- 93 ☐ Self-Instructions
- 94 ☐ Give me a smile
- 95 ☐ Talk to somebody you trust
- 96 ☐ Ask for help
- 97 ☐ Have a snack
- 98 ☐ Warm bath
- 99 ☐ Drink a glass of water or milk
- 100 ☐ Rest / Sleep Enough Hours