

Calm Down Strategies for Kids

Dr. S. Judah, Helm Counseling

- Blow bubbles
- Chew gum
- Chew on a chewy toy
- Complete a puzzle
- Use a fidget
- Use a weighted lap cushion or stuffed animal
- Wear a weighted vest
- Use stretchy resistance bands
- Crawl through a sensory tunnel
- Wear noise reducing ear muffs
- Suck on hard candies
- Diffuse essential oils
- Use Rescue Remedy spray
- Listen to music
- Listen to audiobooks
- Do some yoga
- Lay or bounce on a ball
- Sing ABCs forwards or backwards
- Build with blocks of LEGO
- Go for a run
- Swing
- Pet a cat or dog
- Draw with chalk
- Go for a walk
- Go to a quiet place
- Paint a picture
- Do a maze, dot to dot, or word search
- Read a book
- Count slowly forwards or backwards
- Ask for a hug



- Take a drink of water
- Wrap up in a blanket
- Invert head or hang upside down
- Close your eyesHum or sing a song
- Do some deep breathing
- Go for a bike ride
- Draw a picture
- Play hopscotch
- Jump on a trampoline
- Climb a tree
- Play an instrument and make music
- Do a heavy work activity
- Use a calm down bottle
- Do animal walks
- Dance
- Skip
- Do a cartwheel
- Take a bubble bath
- Drink a smoothie through a straw
- Make silly faces in a mirror
- Drink a warm beverage
- Look at an hourglass, lava lamp, or aquarium
- Rip tissue paper
- Bend and twist pipe cleaners
- Have a snack
- Pop bubble wrap
- Play with play dough, slime, or silly putty
- Look at a photo album
- Blow a pinwheel
- Squeeze a stress ball
- Tightly hug or squeeze a pillow or toy
- Wear an eye mask
- Listen to nature sounds
- Spin a top
- Use a mini massager
- Climb into a body sock
- Make a craft
- Play a one player board game
- Rub some scented lotion on
- Wear sunglasses



- Light a scented candle
- Journal
- Color a picture in a coloring book
- Play with shadow puppets
- Blow a feather
- Blow a pom pom around using a straw
- Take a bath with Epsom salts
- Ask for a break
- Push against a wall
- Play with a sensory bin
- Crash into a crash pad
- Take a shower
- Suck on ice
- Do some joint compressions
- Brush hair and/or skin
- Blow bubbles in a cup of water
- Smell scratch and sniff stickers
- Turn off the lights
- Read with a flashlight
- Play I spy
- Braid your hair
- Climb a ladder or rock wall
- Use positive affirmations
- Hug someone
- Doodle on paper, whiteboard, or similar
- Use visual calm down cards or posters
- Stretch
- Play with a pet
- Trace your hands with your finger