

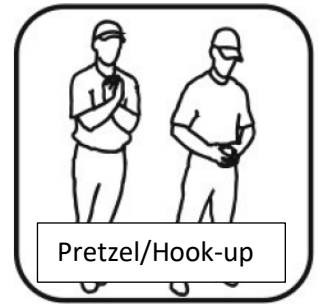
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## Ideas to help feel more calm.

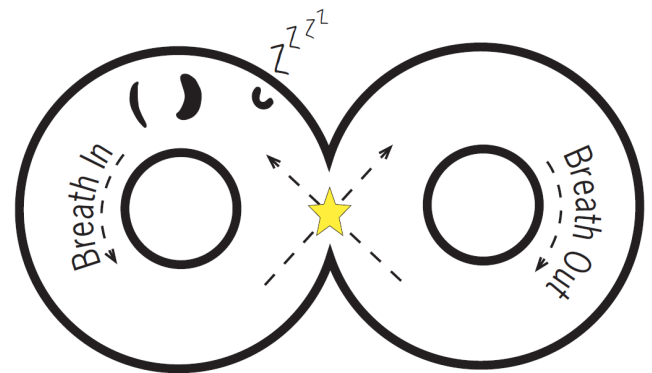
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Check off any that you've tried and work for you. Now find 2 more that you would like to try. Let me know how it works!

- Chew gum.
- Give yourself a hug.
- Pretzel (see picture).
- Massage your hands or feet, or have someone else give you a massage.
- Do some heavy work.
- Use a weighted animal on shoulders or lap.
- Take 10 deep breaths.
- Lazy 8 breathing – trace & follow (see picture).
- Think happy thoughts.
- Count to 10.
- Go to a quiet area.
- Grounding – cross arms and tap.
- “Peace begins with me”
- Squeeze a stress ball.
- Do some exercises.
- Get a drink of water.
- Read a book.
- Rock gently on a ball.
- Relax on pillows.
- Take a walk.
- Listen to music.
- Do wall push-ups.
- Do yoga.
- Play quietly.
- Swing.
- Jump on a mini trampoline.
- Draw a picture.
- Cross crawl.



### Lazy 8 **Breathing**



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