

**Calming Down Ideas:** Check off the ideas that your child thinks may help them to calm down, re-focus, or relax when they are upset or having big feelings about something. They can also add in their own ideas. Remember that feelings come and go and we can all find ways to calm down and feel better.

- ☐ Ask for help
- ☐ Take a drink of water
- ☐ Stretch or exercise
- ☐ Think of things that make you happy \_\_\_\_\_
- ☐ Ask to go for a walk with your family or to sit outside with them
- ☐ Squeeze a stress ball, putty, play-Doh or a stuffed animal
- ☐ Draw or color something that makes you happy
- ☐ Build something or create something to get your mind on something else
- ☐ Talk to a grown up about how you feel
- ☐ Belly Breathe or use 5-4-3-2-1 grounding exercise
- ☐ Positive Self Talk-"I can do it", \_\_\_\_\_

Other ideas that help you to relax:

- ☐
- ☐
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