

75 Easy & Fun Calm Down Strategies for Kids

1. Slow down your breathing.
2. Cuddle with a warm compress.
3. Play/cuddle with a pet.
4. Write a letter.
5. Breathe in a favorite scent.
6. Count your heartbeats.
7. Get wrapped up tight in a blanket like a burrito.
8. Tell a grown-up what you need.
9. Draw/color what your feelings would look like.
10. Squeeze something.
11. Do animal walks (bear, crab, frog jumps etc.)
12. 'Yell your anger' into a pillow/blanket/sleeve.
13. Watch an animal. Animal watching is a great way to teach mindfulness with kids.
14. Make a fort to hide in.
15. Cuddle up with a cozy blanket.
16. Do a handstand.
17. Try a short guided meditation for kids.
18. Play with water.
19. Listen to music.
20. Jump.
21. Visualize a 'happy place'.
22. Stretch.
23. Do a downward-facing dog yoga pose.
24. 5-4-3-2-1 Challenge. Name 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, and one thing you can taste.
25. Go outdoors.
26. Give yourself a hand massage.
27. Slow down your breathing with an expandable ball.
28. Squeeze a stuffed animal.
29. Identify your emotions.
30. Get in touch with nature.
31. Do wall push-ups.
32. Do a sensory play activity.
33. Ask for a hug.
34. Drink a glass of water.
35. Push your palms together, hold, then release & repeat.
36. Put on noise-canceling headphones for quiet.
37. Turn off the lights.
38. Run/walk around the outside of the house a few times.
39. Get a back scratch.
40. Take a warm bath.
41. Read a book about emotions.
42. Make your own fidget.
43. Rock back and forth.
44. Do a 'brain dump' in a journal.
45. Rip up or crumple a piece of paper.
46. Name 5 favorite things.
47. Chew gum or a chewy.
48. Rock yourself like a baby.
49. Cover up with a weighted blanket.
50. Color or read while on your stomach.
51. Go to the park
52. Watch a bubble timer or bubble stick.
53. Find a cozy space to crawl into.
54. Do 15 squats.
55. Squeeze your fists as tight as you can.
56. Count backward from 50.
57. Remind yourself it's ok to be angry/upset/hurt etc.
58. No, seriously. Go outside!
59. Go for a bike ride.
60. Try a yoga video on YouTube.
61. Make a pillow trail and crawl over it.
62. Learn about why it's hard to control your emotions sometimes.
63. Close your eyes and tune out the world.
64. Give yourself a tight squeeze.
65. Sit with your feelings for a few minutes and allow yourself to experience them.
66. Call a friend.
67. Pray.
68. Eat a crunchy snack.
69. Knit/crochet or create something with your hands.
70. Repeat positive affirmations.
71. Look at a magazine.
72. Use yoga cards.
73. Recite the alphabet backward.
74. Climb.
75. Remind yourself emotions are like waves, they come & they go.

