

ACTIVITIES FOR CALMING DOWN



HAVE A SNACK

COUNT TO 10

DRINK WATER

BREATH IN THROUGH YOUR NOSE AND OUT THROUGH YOUR MOUTH

HAVE A CUDDLE

BREATHING WALL

HANG UPSIDE DOWN

SAFE SPACE

USE A CALM BAG

NAME YOUR FEELING

CALM CAR TRACKS

GO FOR A WALK

BLOW BUBBLES

HIT A PILLOW