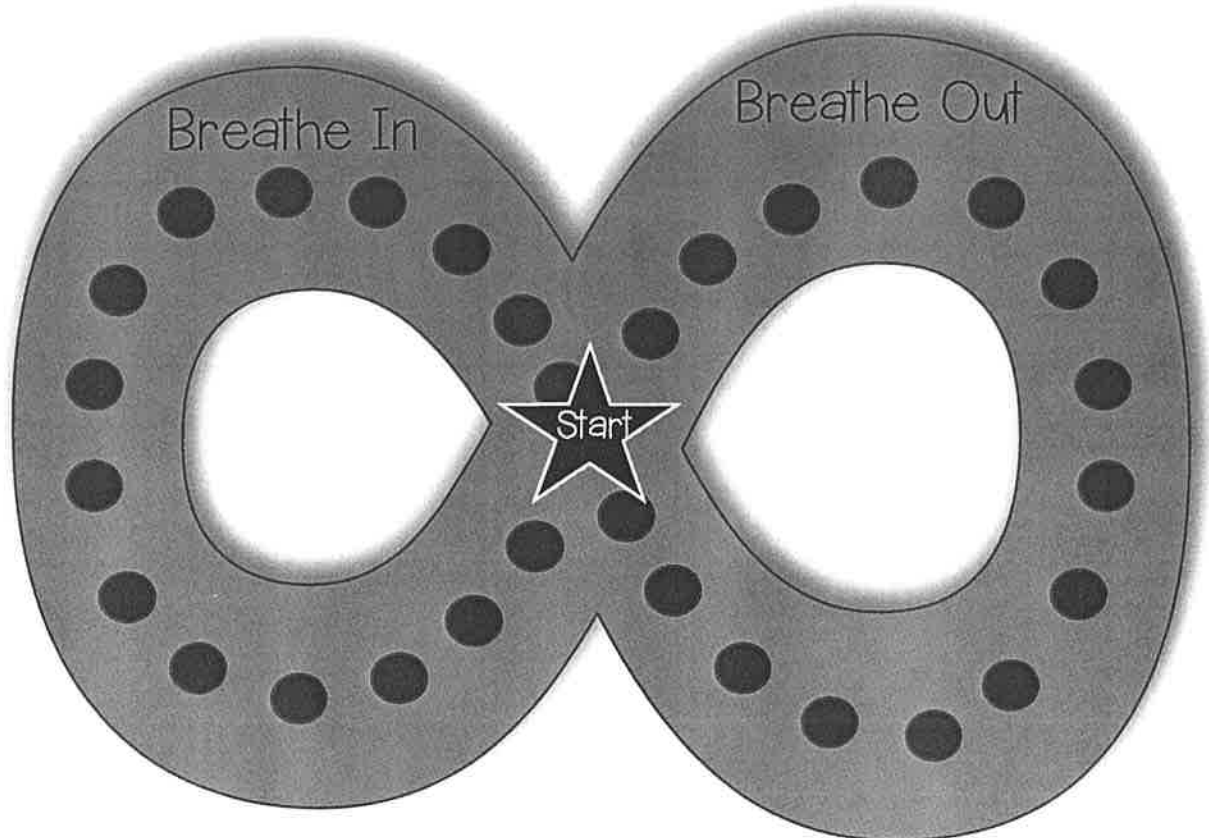


Calming Strategies

23 ways to calm down if you are feeling worried or anxious at home

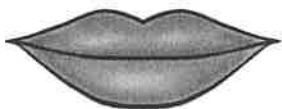
1. Figure 8 breathing

Trace the 8 with your pointer finger while you breathe in and breathe out.



2. Grounding Exercise #1

Take a moment to notice what is happening around you.
What do you see? What do you hear? What can you touch?
What can you smell? What can you taste?



3. Grounding Exercise #2

Take a moment to notice what is happening around you.
Can you find 5 things for every color?

Red

Orange

Yellow

Green

Blue

Purple

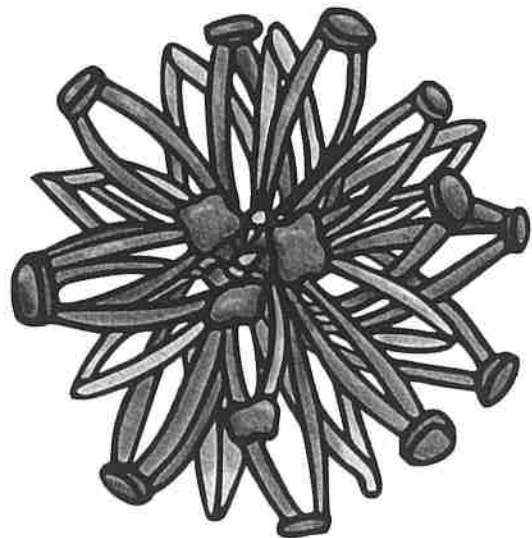
4. Journaling

Start a journal. You can use paper or download an app. Write about how you're feeling and what you did today. What feelings are you noticing in your body? Do you have any worries? What are they?



5. Use Your Breathing Ball

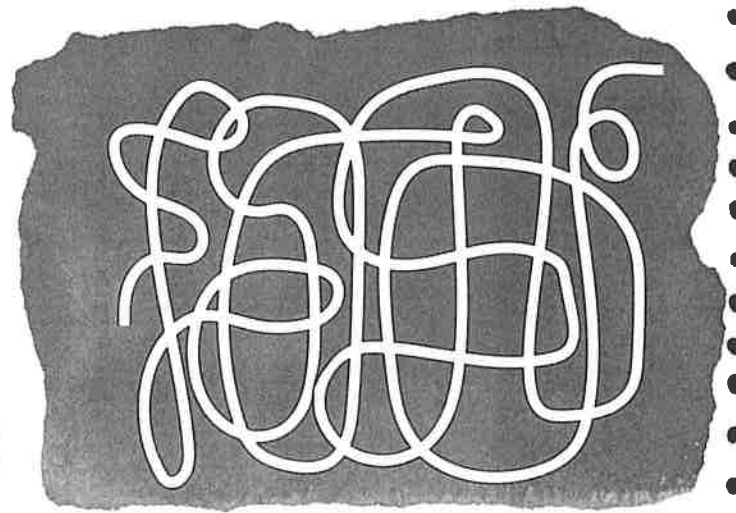
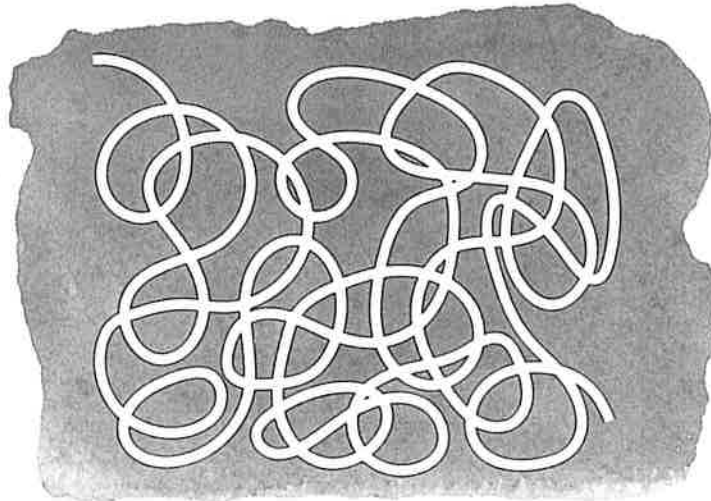
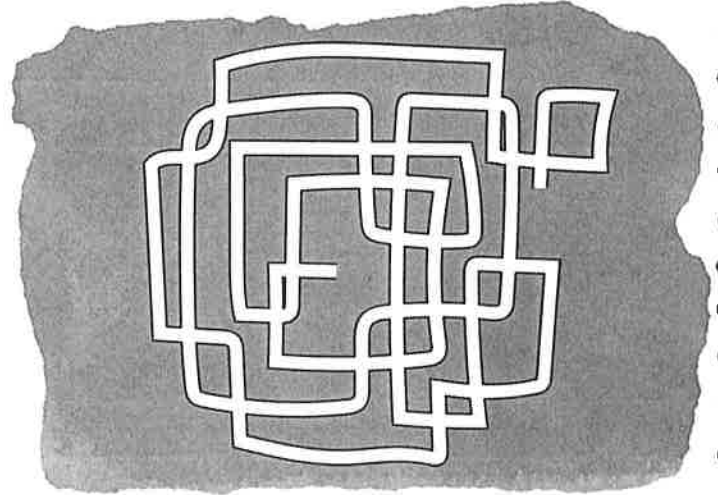
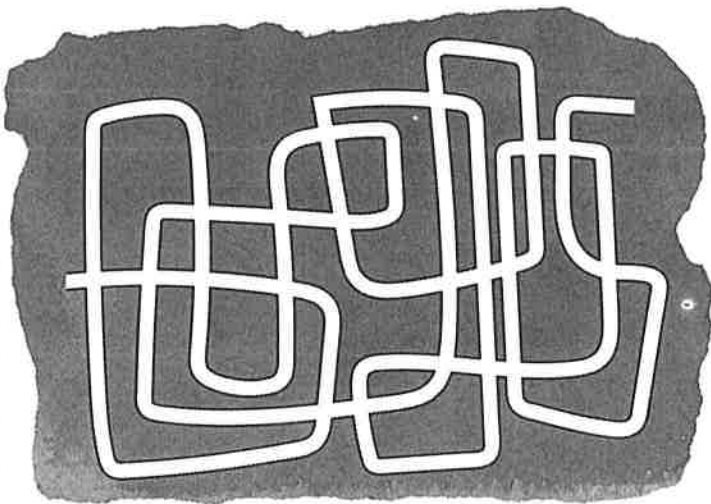
Close your eyes and imagine that you are using the breathing ball just like we do at school. Hold your hands in front of you with the imaginary ball in between them. Breathe in and open your hands. Picture the breathing ball opening. Breathe out and close your hands. Picture the breathing ball closing.



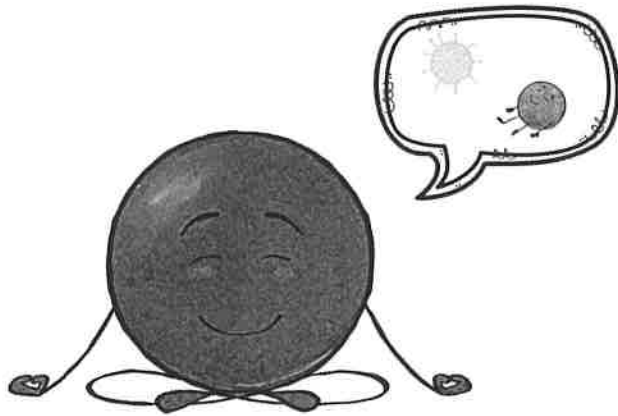
6. Complete A Maze

Focus your attention on the maze.

See if you can find your way from one side of the maze to the other. Trace with your pointer finger or a pencil.



7. Take a Mental Vacation



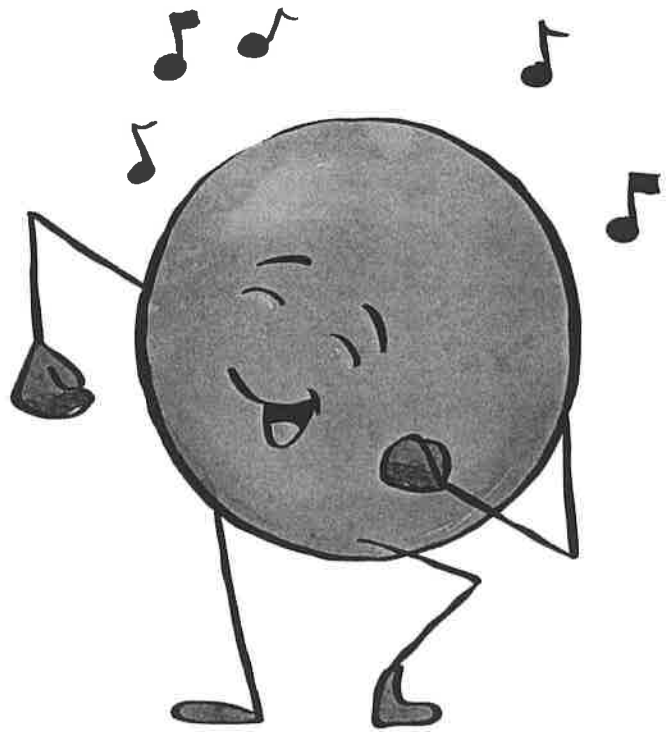
Remember when we painted our mental vacations? A mental vacation is a place that you can go in your brain. It's a happy and calm place.

Close your eyes and imagine yourself in a place that makes you feel happy, calm, and relaxed. Optional: draw a picture or paint your mental vacation and write about it.

My Mental Vacation

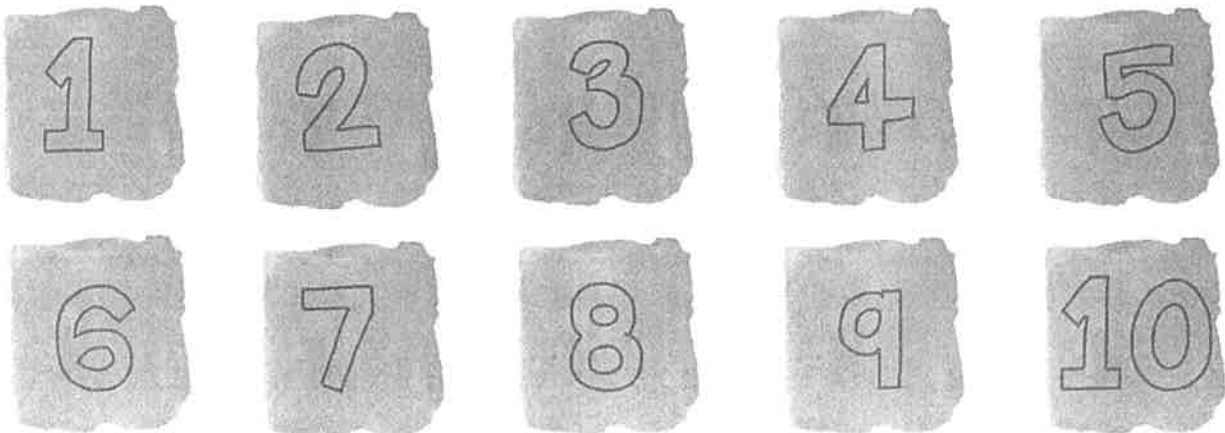
8. Listen to Music or Dance

Take a moment to let loose through music. Sing, dance, and do whatever your heart desires!



9. Count

One of the calm down strategies we learn in Second Step is counting. If you have strong feelings, try counting to 10, 30, or even 100. Focus on the numbers.



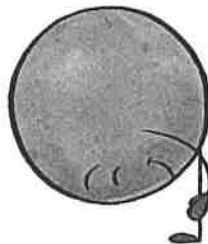
10. Stretch or do Yoga

Find a kids yoga video online (Cosmic Kids and Go Noodle are great resources) or try these poses!
Focus on your breathing.

Mountain



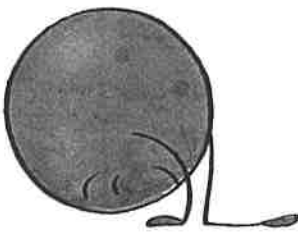
Forward Fold



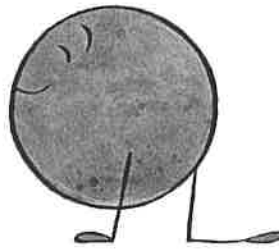
Child's Pose



Cat



Cow



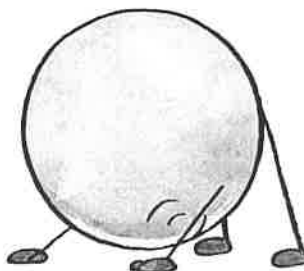
Tree



Side Angle



Downward Dog

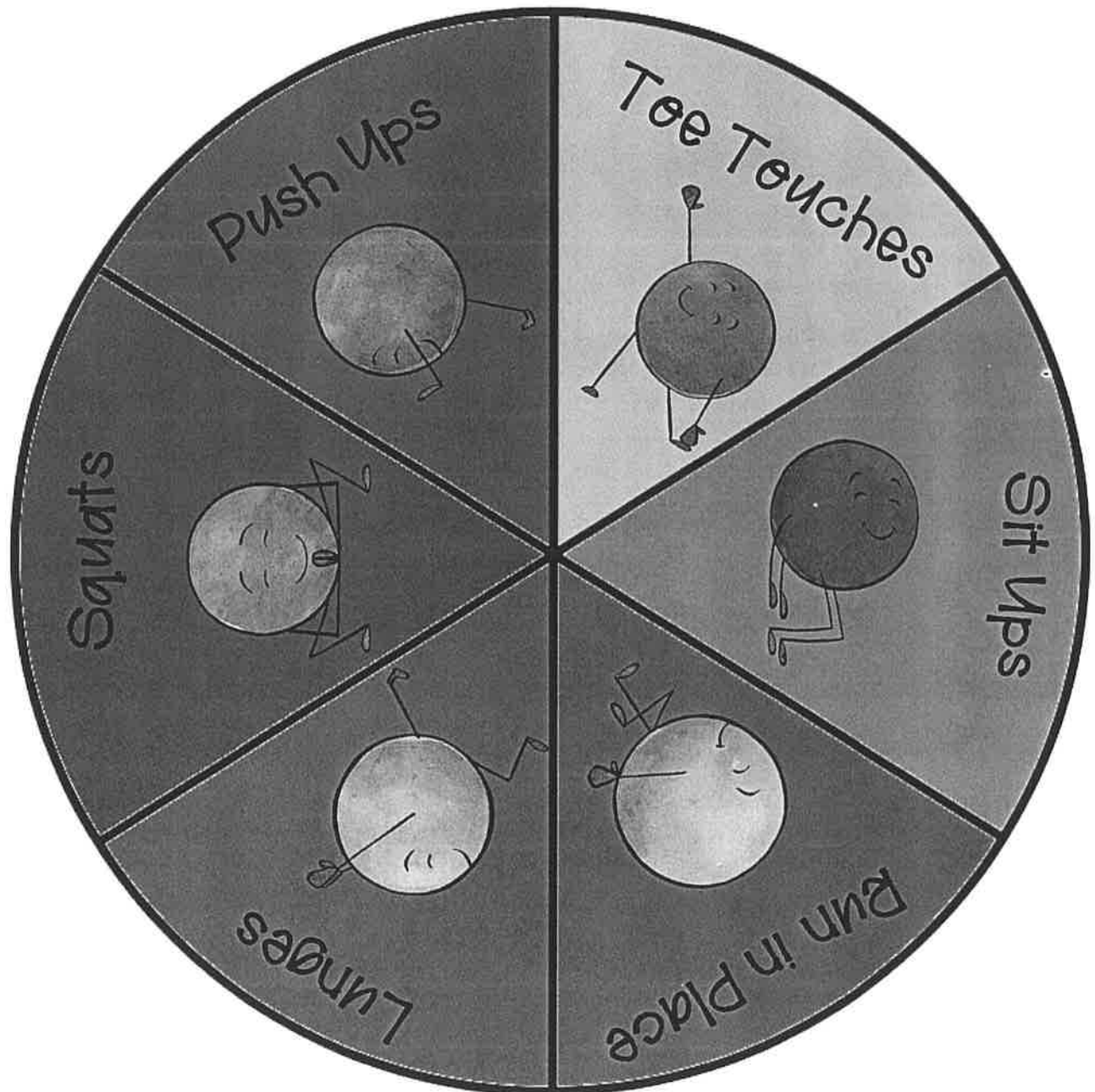


Rest



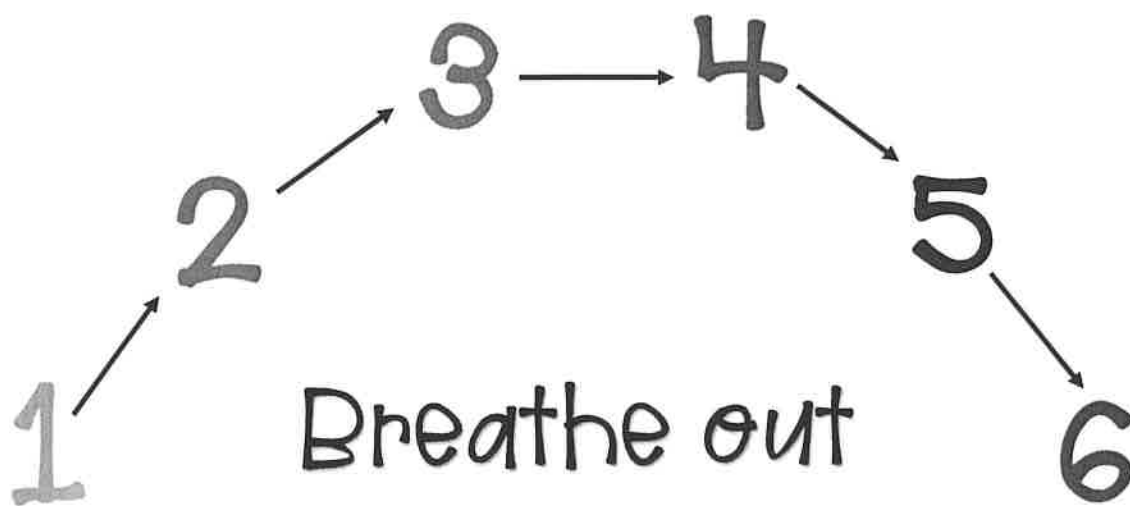
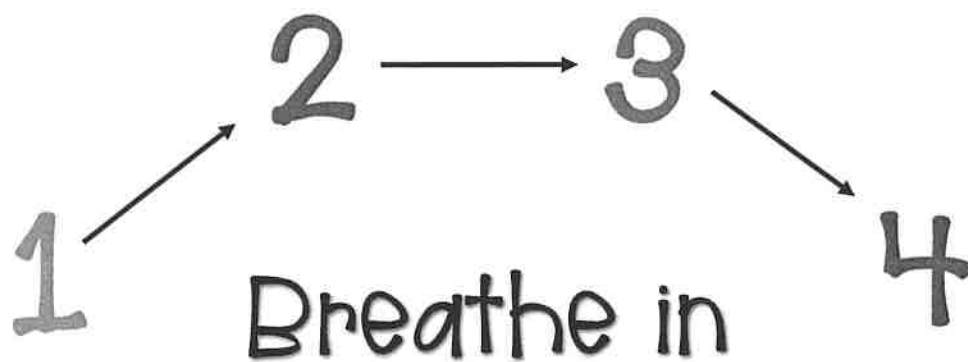
11. Exercise

Move your body! Exercise is good for our brains and our bodies. Dance, run, jump, or do some of the exercises below. How many can you do?



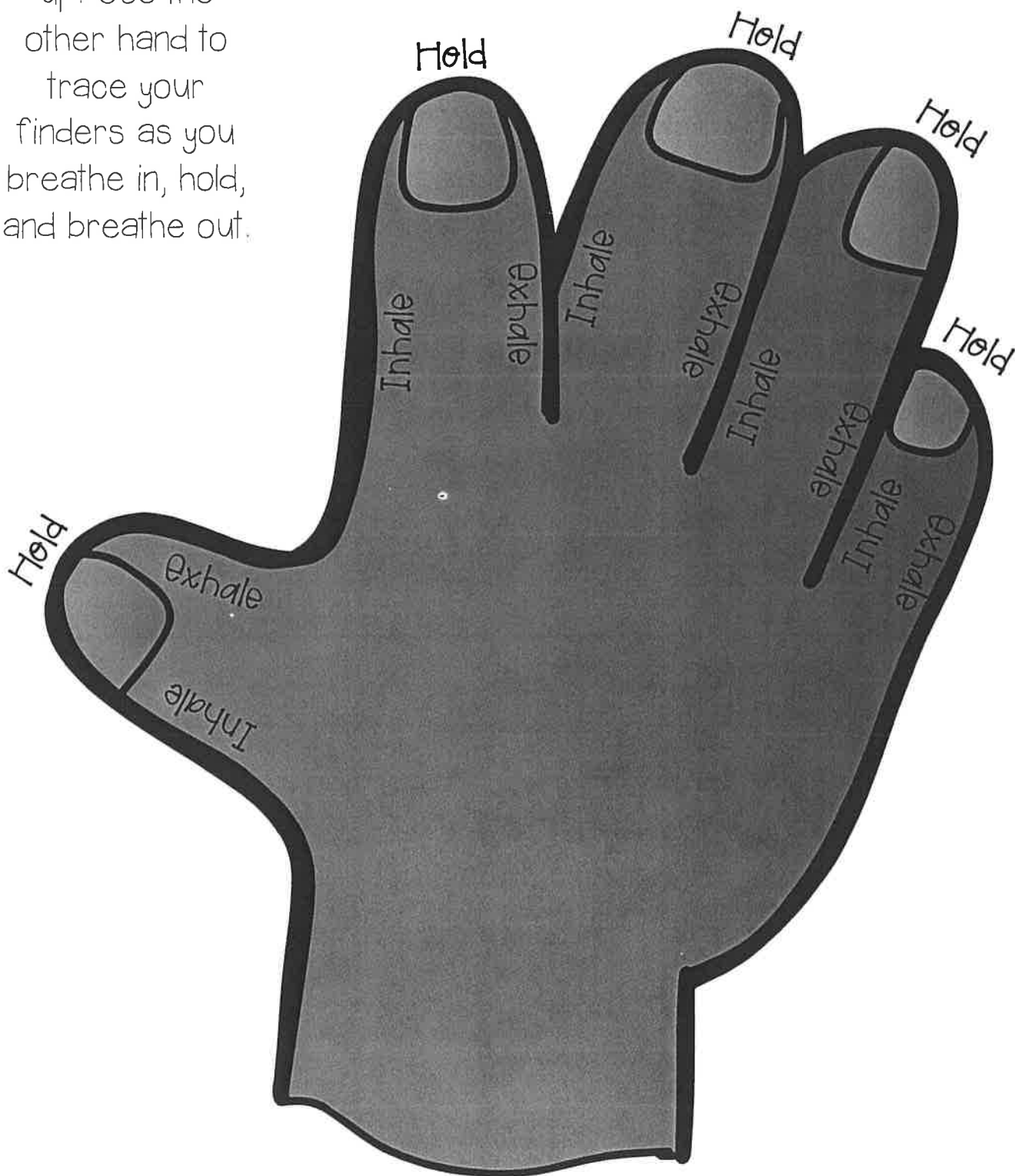
12. 4 x 6 Breathing

Point to the numbers as you breathe in for 4 seconds and breathe out for 6 seconds.



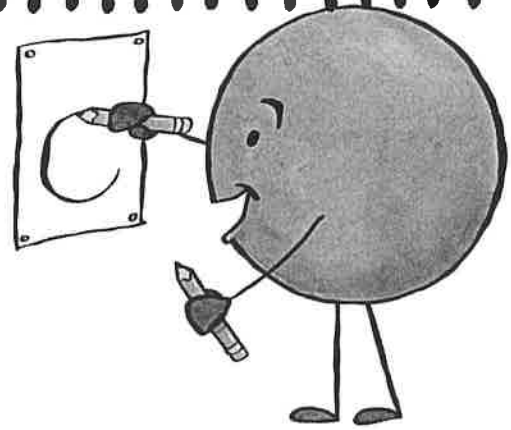
13. Finger Breathing

Hold one hand up. Use the other hand to trace your fingers as you breathe in, hold, and breathe out.

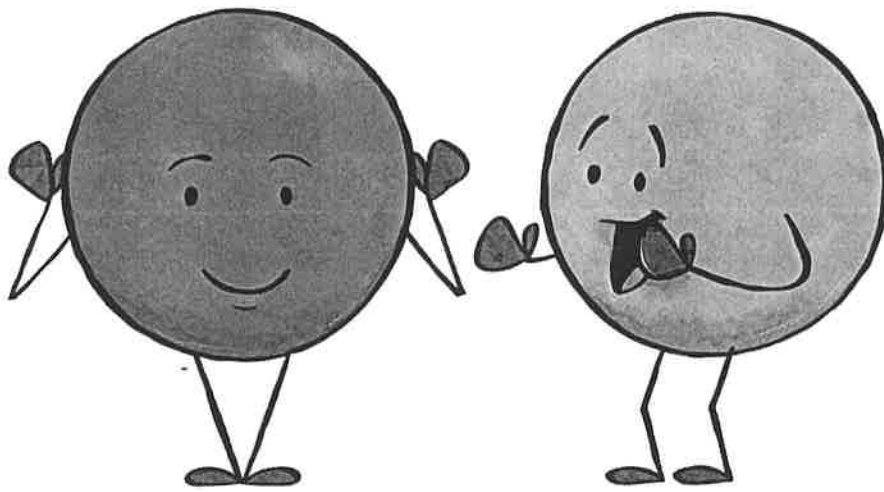


14. Draw

Draw anything that comes to mind!



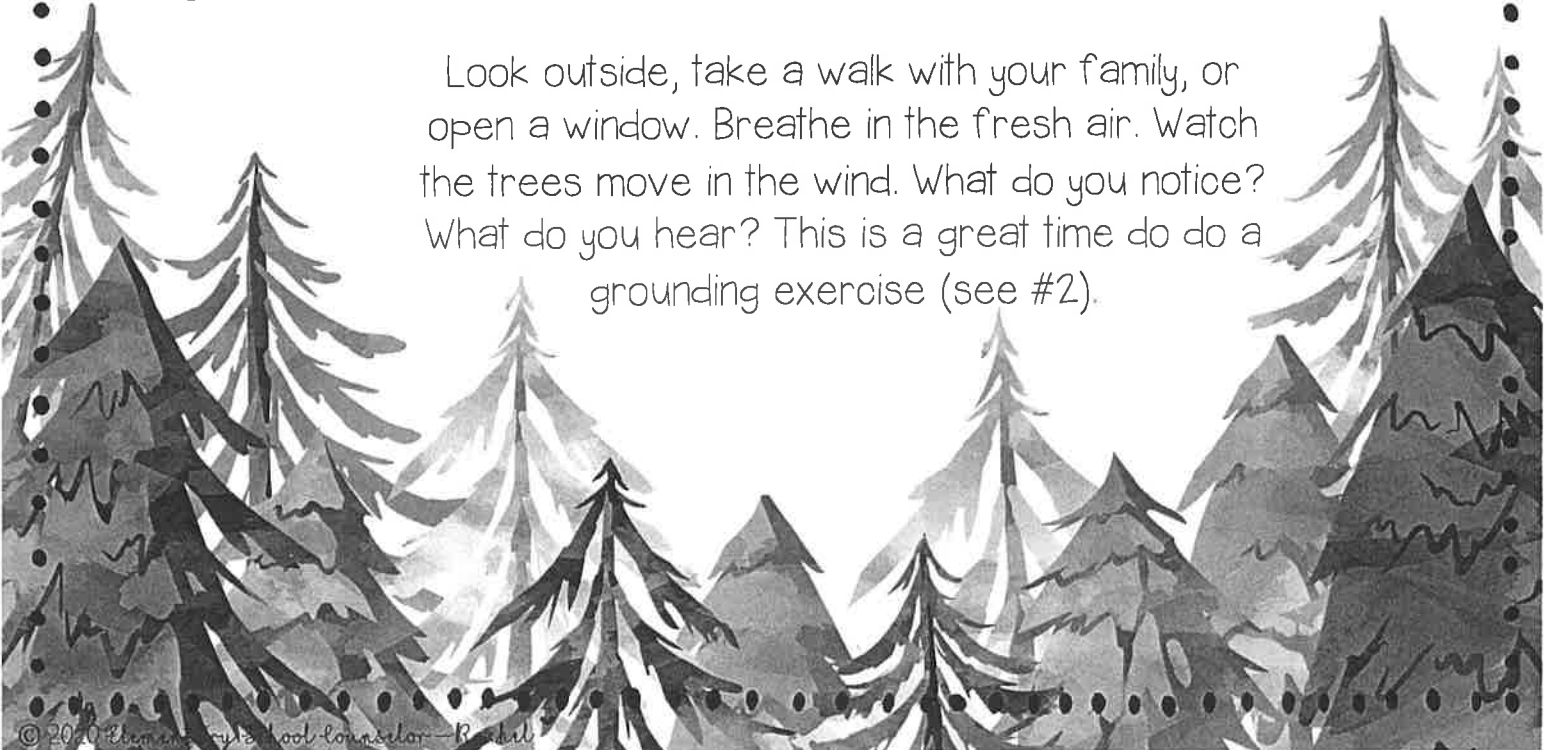
15. Talk to Someone



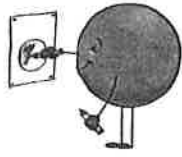
Share your worries with an adult or family member at home.

16. Nature

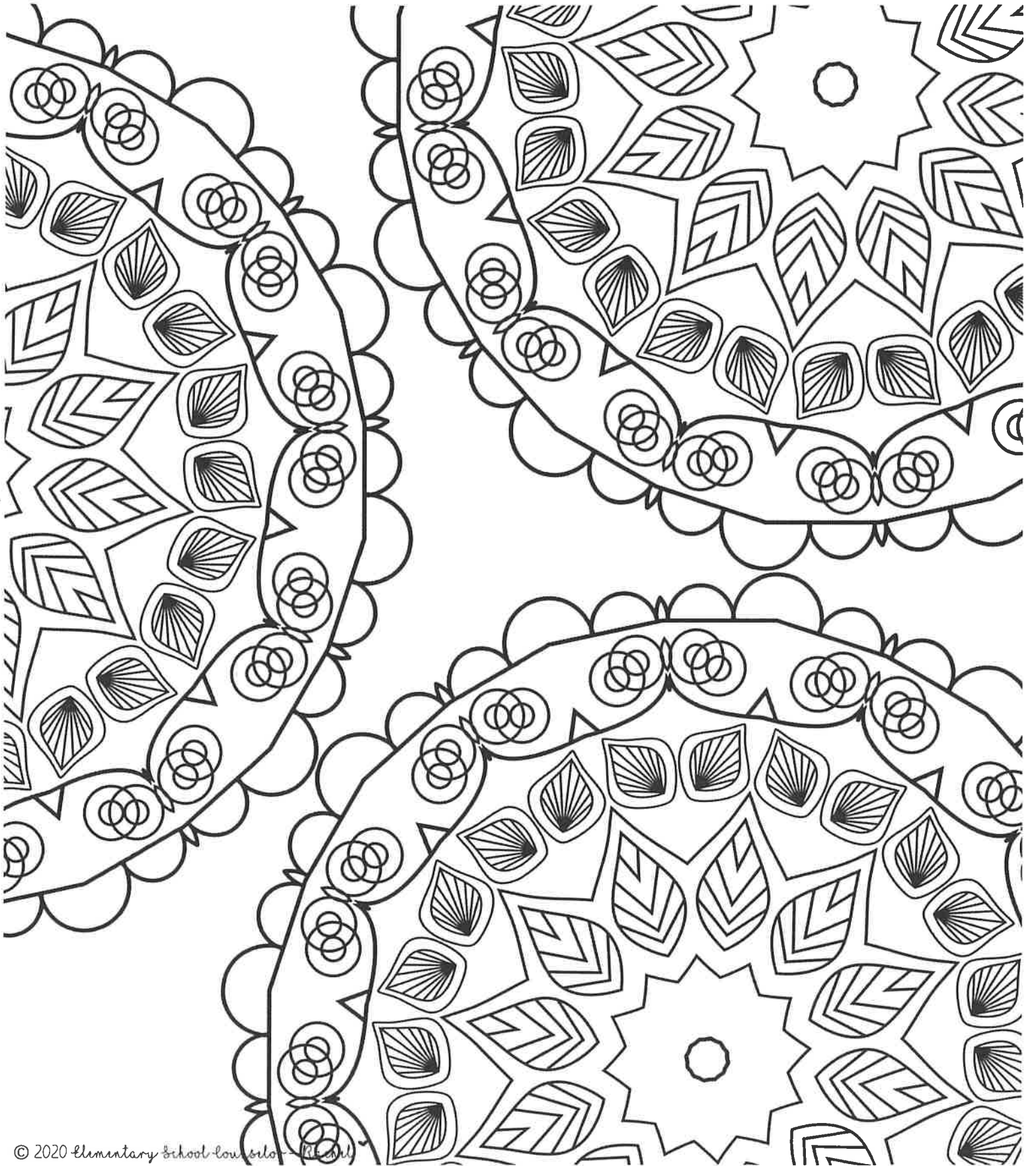
Look outside, take a walk with your family, or open a window. Breathe in the fresh air. Watch the trees move in the wind. What do you notice? What do you hear? This is a great time to do a grounding exercise (see #2).



17. Color

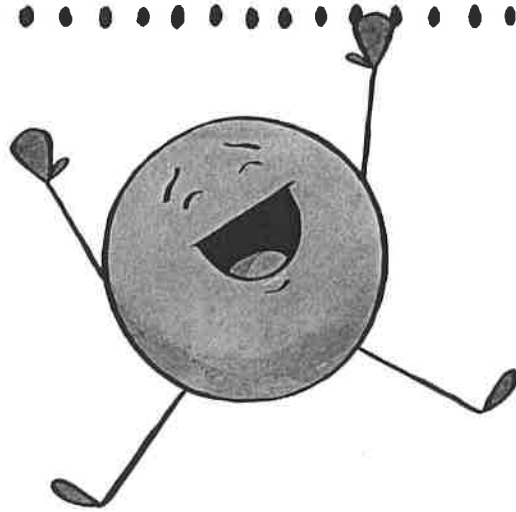


Find a coloring sheet online
or use this one! Or,
download a coloring app.



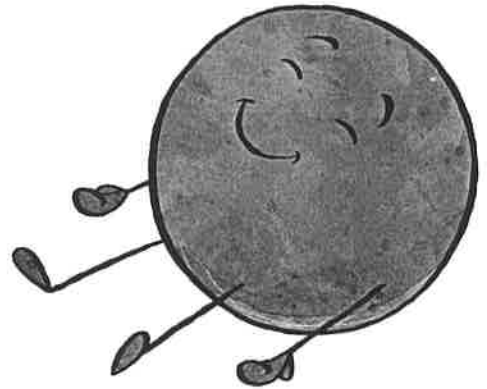
18. Laugh

Watch a funny video, tell a joke, or just laugh!



19. Progressive Muscle Relaxation

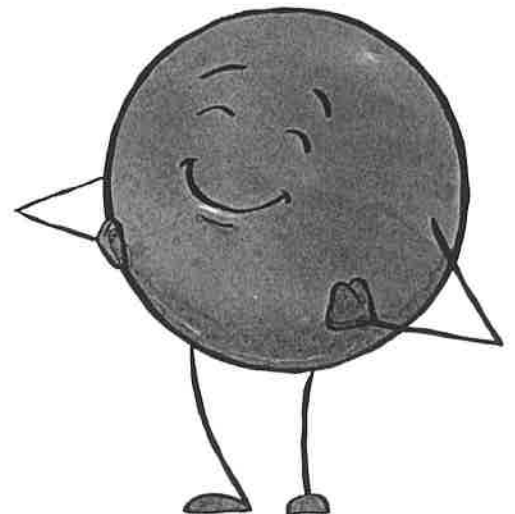
Start with your face. Squeeze the muscles in your face tight. Keep squeezing. Release and let your body relax. Continue with every part of your body until you get to your feet.



20. Positive Self-Talk

"Everything is going to be okay"
"I am calm"
"I am safe"
"I am strong"
"I can do this!"

Optional: look in the mirror and say the positive self-talk out loud



21. Worry Timer

Set a phone timer for 3 minutes. Think about all of your worries. When the timer runs out, picture the worries floating away and do your best to think about other things.



22. Create a Worry Box

Write or draw your worries on a piece of paper. When you are done, crumple or fold them up and put them in a box or container.

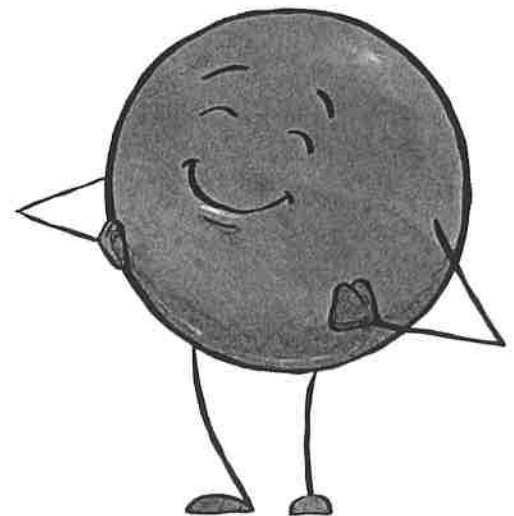
Optional: parent/guardian can check the box each day to see worries and discuss with child.

I am worried about not seeing my teacher for a while.

23. Name and Talk to Your Worry

1. Name your worry
2. When you feel worried talk to your worry

"Marcus you are not in charge of my thoughts. I don't need to worry. I can be calm."

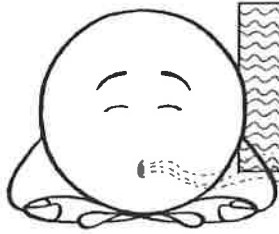


CALM-A-LLAMA SCAVENGER HUNT

How many can you complete?

- Wear headphones and clean your room to your favorite songs.
- Snuggle in a cozy blanket & watch a movie.
- Sleep with a super soft stuffed animal.
- Fall asleep to spa music.
- Learn some new jokes & try them out.
- Color with new markers.
- Learn to make a new recipe that you love.
- Just sit & watch people in public.
- Learn & try progressive muscle relaxation.
- Stretch your arms up to the sky, hold while counting to 15. Release.
- Try a new hobby.
- Make shapes with play-doh.
- Play with kinetic sand.
- Stretch all of your muscles.
- Talk to an animal.
- Take a bubble bath.
- Take a nature walk.
- Balance on one leg and time it.
- Read a book in quiet in your bed.
- Try a yoga pose.
- Daydream in the dark.
- Make a list of things or people that make you feel grateful.





BREATHING

MINDFUL BREATHING:

Think of something that you love or that is a blessing in your life. Use your 5 senses to think about it more deeply. Does it have a smell, a taste, or a feeling? Can you hear or see it? Think of those things for a moment. Now, take in a deep breathe while repeating the name of this blessing. Breathe out slowly while imagining this thing that brings you joy. Repeat this each day with a new blessing

IN - HOLD - OUT BREATHING

Inhale through your nose while counting to 5
Hold it while counting to 6
Exhale through your mouth while counting to 7

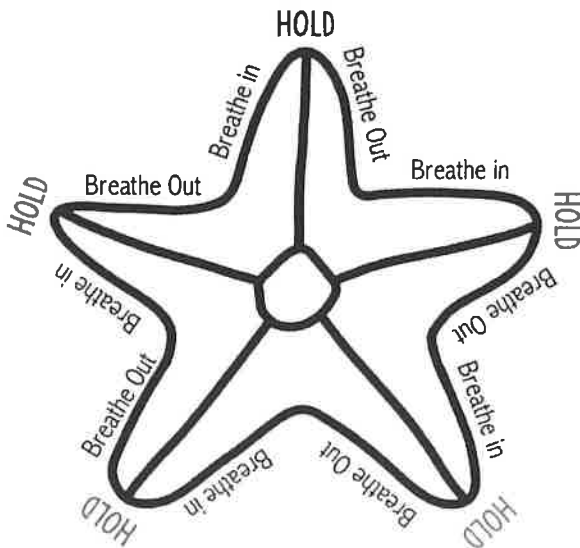
SQUEEZE AND BREATHE

1. Find a stress ball, play doh, or other soft object to squeeze.
2. Take in a deep breath as you squeeze.
3. Breathe out slowly as you let go.

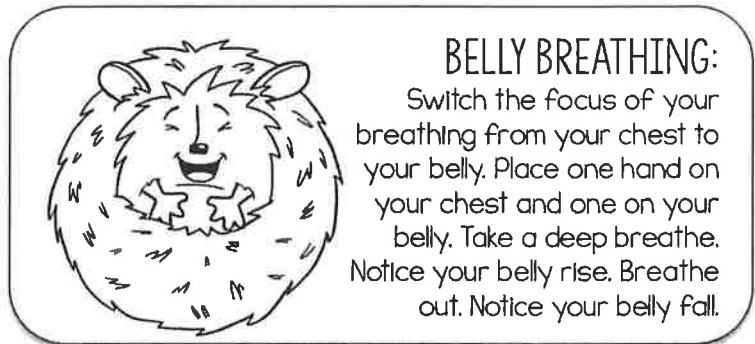
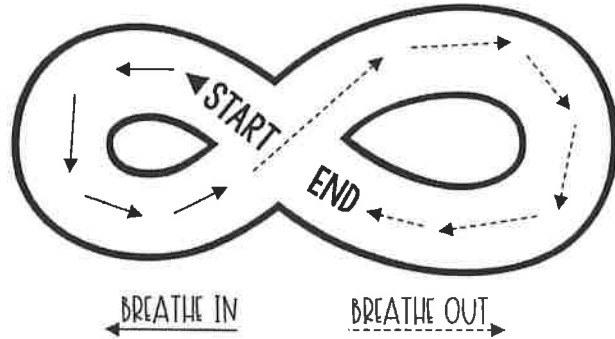


STARFISH BREATHING:

Breathe in as you trace up the star. Hold at the tip. Breathe out as you trace down. Go slowly.



Trace your finger around the race track. Breathe in while tracing the left side and out slowly while tracing the right side. (repeat daily)



BELLY BREATHING:

Switch the focus of your breathing from your chest to your belly. Place one hand on your chest and one on your belly. Take a deep breathe. Notice your belly rise. Breathe out. Notice your belly fall.

BREATHE THE RAINBOW

Imagine the color of the rainbow.

Take a deep breath while imagining you are breathing in each color:

Red: Breathe deeply through your nose, the warming calm of the color red. Hold it and feel the warmth in your chest. Blow that warmth back into the room, slowly with your mouth.

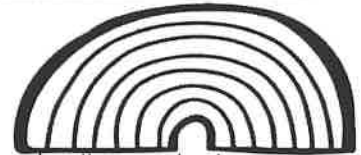
Orange: Breathe in the zesty excitement of the color orange in through your nose.. Hold it and feel the tingling joy in your heart. Blow that joy slowly back into the room with your mouth.

Yellow: Breathe deeply through your nose, the glowing rays of the color yellow. Hold it like sunshine beaming down on your face. Blow those rays back into the room, slowly with your mouth.

Green: Breathe in the morning dew of the color green through your nose.. Hold it and feel the feeling of a new morning in my arms. Blow the freshness of a new start back into the room with your mouth.

Blue: Breathe in the calming waves of the color blue. Hold it like you are floating on the top of that wave. Let that wave crash as you blow it's calmness back into the room with your mouth.

Purple: Breathe in the loving embrace of the color purple. Hold it like a tight hug for a moment. Blow the love of that hug slowly out of your mouth, back into the room.



SELF CONTROL

- Choosing to do what you should do, not just what you want to do.
 - Focusing on what you can control and not worrying about things you cannot control.
- Look at the things that you can control in your life. Make goals for those things.
Look at the things you cannot control. Let go of those things.*

I CAN CONTROL

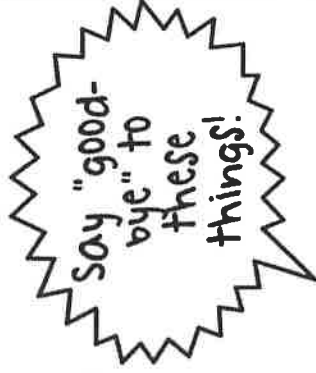
- My thoughts
- My happiness
- My actions
- who I choose as friends
- what I focus on
- My goals
- My study habits
- My effort
- My habits
- Others:



Add to this list and give specific examples.

I CANNOT CONTROL

- Other peoples thoughts and attitudes
- Other peoples actions
- Other peoples happiness
- Other peoples sadness
- Other peoples anger
- The problems in the world
- Grown up issues
- Others:

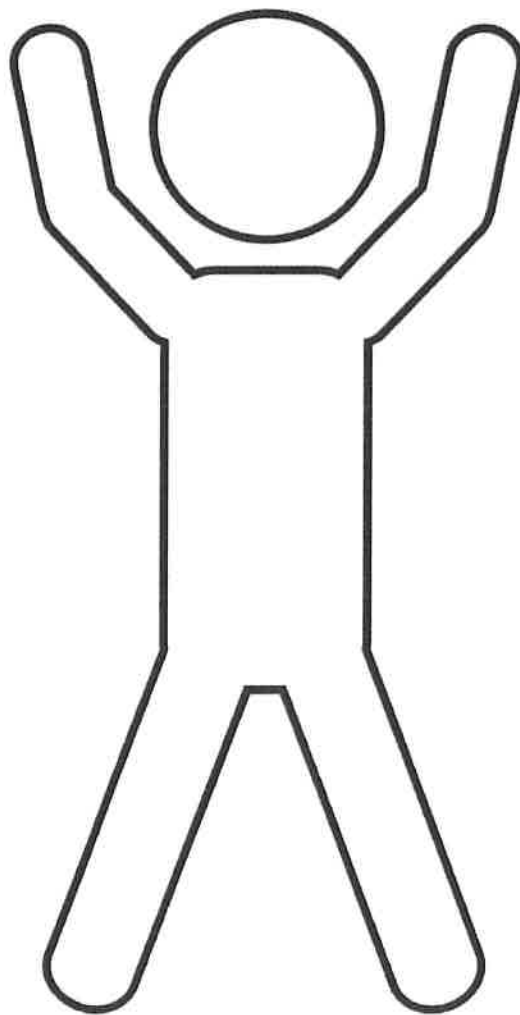


Add to this list and give specific examples.

POSITIVE WORDS TO DESCRIBE

ME.

Write words all over the page that describe you!



A WEEK OF *Thanks*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

"Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for." -Zig Ziglar

The Counseling Teacher, Brandy © 2014



Name: _____



Kindness from A to Z

Using each letter, write down something that you can do to show kindness.

A _____

B _____

C _____

D _____

E _____

F _____

G _____

H _____

I _____

J _____

K _____

L _____

M _____

N _____

O _____

P _____

Q _____

R _____

S _____

T _____

U _____

V _____

W _____

X _____

Y _____

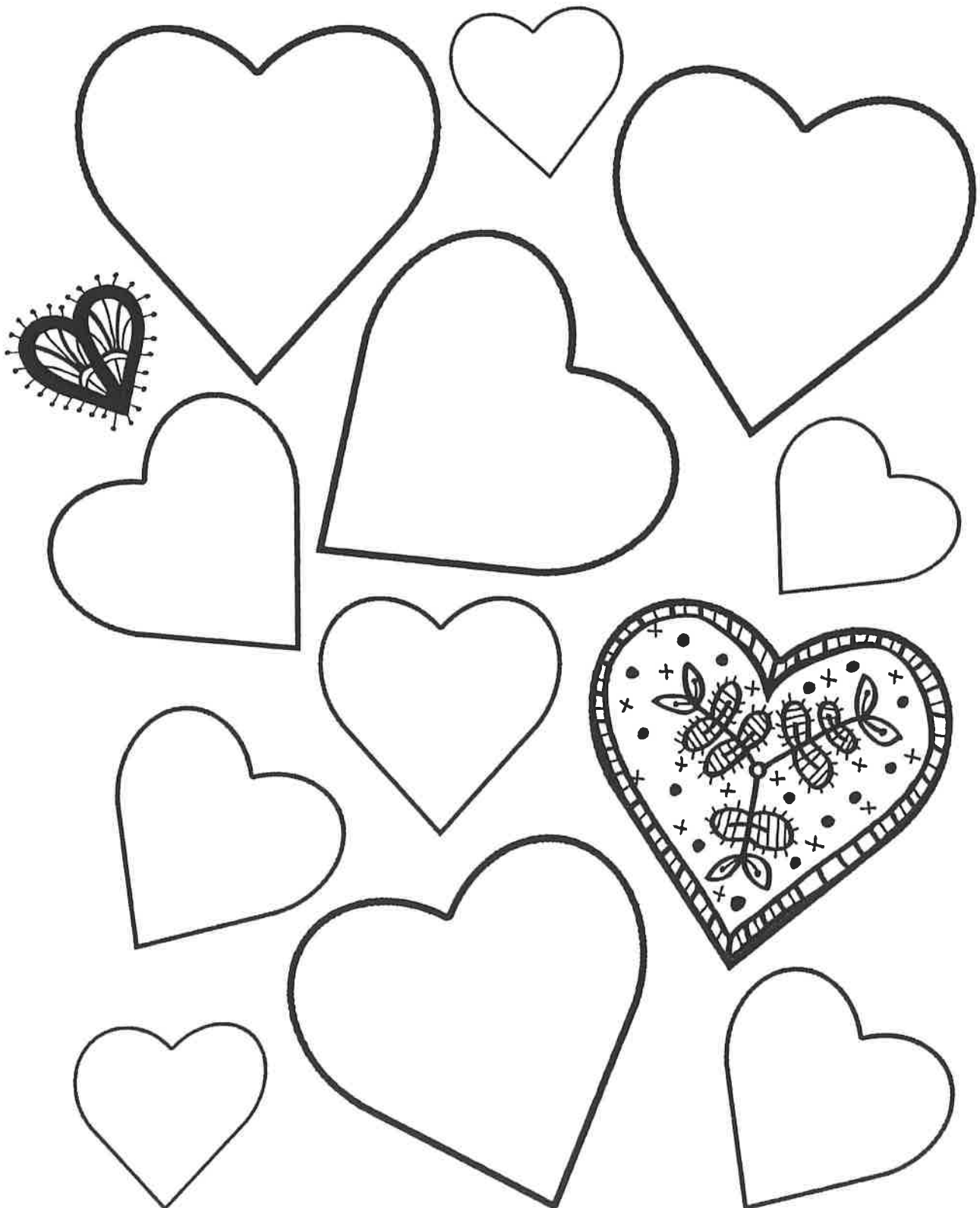
Z _____

Things I love about me

www.plantlovegrow.com

In each heart, write something that you love about yourself and decorate.

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My Strengths and Qualities

Things I am good at:

1

2

3

Compliments I have received:

1

2

3

What I like about my appearance:

1

2

3

Challenges I have overcome:

1

2

3

I've helped others by:

1

2

3

Things that make me unique:

1

2

3

What I value the most:

1

2

3

Times I've made others happy:

1

2

3

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