

# Calm Down Strategies for Kids

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- o Blow bubbles
- o Chew gum
- o Chew on a chewy toy
- o Complete a puzzle
- o Use a fidget
- o Use a weighted lap cushion or stuffed animal
- o Wear a weighted vest
- o Use stretchy resistance bands
- o Crawl through a sensory tunnel
- o Wear noise reducing ear muffs
- o Suck on hard candies
- o Diffuse essential oils
- o Use Rescue Remedy spray
- o Listen to music
- o Listen to audiobooks
- o Do some yoga
- o Lay or bounce on a ball
- o Sing ABCs forwards or backwards
- o Build with blocks of LEGO
- o Go for a run
- o Swing
- o Pet a cat or dog
- o Draw with chalk
- o Go for a walk
- o Go to a quiet place
- o Paint a picture
- o Do a maze, dot to dot, or word search
- o Read a book
- o Count slowly forwards or backwards
- o Ask for a hug
- o Take a drink of water
- o Wrap up in a blanket
- o Invert head or hang upside down
- o Close your eyes
- o Hum or sing a song
- o Do some deep breathing
- o Go for a bike ride
- o Draw a picture
- o Play hopscotch
- o Jump on a trampoline
- o Climb a tree
- o Play an instrument and make music
- o Do a heavy work activity
- o Use a calm down bottle
- o Do animal walks
- o Dance
- o Skip
- o Do a cartwheel
- o Take a bubble bath
- o Drink a smoothie through a straw
- o Make silly faces in a mirror
- o Drink a warm beverage
- o Look at an hourglass, lava lamp, or aquarium
- o Rip tissue paper
- o Bend and twist pipe cleaners
- o Have a snack
- o Pop bubble wrap
- o Play with play dough, slime, or silly putty
- o Look at a photo album
- o Blow a pinwheel
- o Squeeze a stress ball
- o Tightly hug or squeeze a pillow or toy
- o Wear an eye mask
- o Listen to nature sounds
- o Spin a top
- o Use a mini massager
- o Climb into a body sock
- o Make a craft
- o Play a one player board game
- o Rub some scented lotion on
- o Wear sunglasses
- o Light a scented candle
- o Journal
- o Color a picture in a coloring book
- o Play with shadow puppets
- o Blow a feather
- o Blow a pom pom around using a straw
- o Take a bath with Epsom salts
- o Ask for a break
- o Push against a wall
- o Play with a sensory bin
- o Crash into a crash pad
- o Take a shower
- o Suck on ice
- o Do some joint compressions
- o Brush hair and/or skin
- o Blow bubbles in a cup of water
- o Smell scratch and sniff stickers
- o Turn off the lights
- o Read with a flashlight
- o Play I spy
- o Braid your hair
- o Climb a ladder or rock wall
- o Use positive affirmations
- o Hug someone
- o Doodle on paper, whiteboard, or similar
- o Use visual calm down cards or posters
- o Stretch
- o Play with a pet
- o Trace your hands with your finger