



## Ideas for calming down:

- \* listen to your favourite music
  - \* play a game
  - \* have a cold drink
- \* ask a grown up for a cwtch
  - \* ring a friend
  - \* talk to your pet
- \* go for a walk with a grown up
  - \* draw/colour
- \* play with clay/play dough/slime
  - \* blow bubbles and pop them
- \* look outside at the clouds/sky- count the clouds, guess what shape the clouds are making
  - \* run, jump, dance in the garden
    - \* do 10 star jumps
  - \* watch funny videos with a grown up
  - \* wrap yourself in a soft blanket
    - \* eat a chewy sweet
  - \* eat a crunchy piece of fruit or vegetable
    - \* blow a balloon up and let it go
  - \* watch your favourite tv programme
- \* look at photographs that make you feel happy

Everyone has different ways to calm down so make sure you pick ones that will work for you...