

# CALMING STRATEGIES

Simple, age-appropriate techniques children can use when big feelings take over — breathing, grounding, and more.

## 1 BELLY BREATHING

Breathe in through your nose. Breathe out slowly through your mouth. Feel your belly go up and down.



## 2 5-4-3-2-1 GROUNDING

-  5 things you see
-  4 things you feel
-  3 things you hear
-  2 things you smell
-  1 thing you taste



## 3 SQUEEZE AND RELEASE

Squeeze your hands tight like a fist... then let go slowly. Notice how your body feels.



## 4 RAINBOW BREATHING

Breathe in slowly as you trace up the rainbow. Breathe out as you trace down.



## 5 BEAR HUG

Hug yourself tight. Take a deep breath. You are safe and loved.



## 6 COUNT BACKWARDS

Count slowly backwards from 10 to 1.



## 7 CALM DOWN JAR

Watch the glitter slowly fall. Take deep breaths until it settles.



## 8 MOVE YOUR BODY

Jump, stretch, dance, or take a walk. Moving helps big feelings move through your body.



## 9 SAFE PLACE

Close your eyes and imagine your happy place. Take deep breaths and feel calm.



### REMEMBER



It's okay to have big feelings.



These strategies can help you feel better.



Practice helps make it easier.



Ask for help when you need it.



You are not alone. We all have big feelings!



Be kind to yourself. You're doing your best, and that's enough.

