Help Us Calm Down

Strategies for Children

Try these strategies with your child! The more you use a calming strategy and practice the strategy with your child, the more likely they are to use the strategy when experiencing anger, stress, sadness, or frustration.

I can...

take deep breaths

count

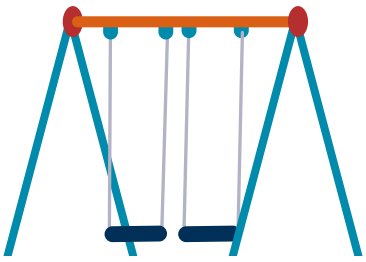
go for a walk

take a drink

take a break

listen to music

draw a picture



swing

rock

read a book

hug a favorite toy

do a puzzle

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