

CALMING STRATEGIES

A

ART AND
DOODLING



B

SQUEEZE A
STRESS BALL



C

COUNT TO 0
FROM 30



D

DEEP
BREATHING



E

EAT A SNACK AND
DRINK WATER



F

FIND A
SAFE SPACE



G

PRACTICE
GRATITUDE



H

HUG A
STUFFED ANIMAL



I

IDENTIFY
EMOTIONS



J

JOURNAL



K

BE KIND
TO MYSELF



L

LISTEN TO
MUSIC



M

MOVE MY
BODY



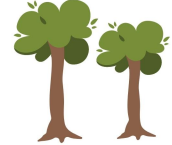
N

CHALLENGE
NEGATIVE THOUGHTS



O

GO OUT TO
ENJOY NATURE



P

PUZZLE



Q

HAVE SOME
QUIET TIME



R

READ BOOKS



S

DO SOME
STRETCHES



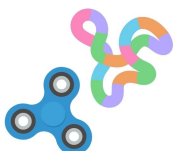
T

TAKE A BATH



U

USE FIDGET TOY



V

VISUALIZE A
HAPPY PLACE



W

WATCH A
FUNNY VIDEO



X

EXERCISE



Y

YOGA



Z

SLEEP

