

Calm-Down Strategies for Kids

Parent and Carer Information Sheet

Sometimes we all find ourselves getting a little too anxious, angry or stressed. As adults this can be difficult to manage, and for children even more so. Here are some ideas for simple calm-down strategies to try when things become a little too much. Try a few and see which ones work best for you.

Take some deep breaths



Go for a walk



Listen to music



Speak to a parent or other adult at home



Speak to a teacher



Watch a film



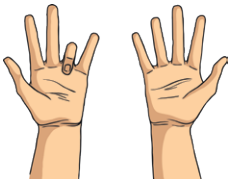
Say something positive to yourself



Imagine a calm place or happy time



Count to ten



Play sport



Go on a bike ride



Cook



Have a bath or shower



Draw a picture



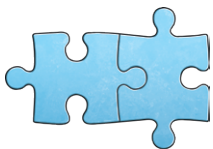
Play with a pet



Speak to a friend



Do a jigsaw puzzle



Go to a quiet place



Read a book



Smile



Look at photos



Daydream



Have a nap



Plan a day out

