



Shake a Glitter Jar

Read a Book

5 Senses Scavenger Hunt

Count To 20

Squeeze a Stress Ball

Do Infinity Breathing

Go for a Walk

Talk to a Friend

Jump on a Trampoline

Think of a Happy Memory

Do Dragon Breathing For 1 Minute

Do 20 Jumping Jacks

Blow into Your Hands

Clench and Release Your Muscles

Use a Problem-Solving Worksheet

Chew Gum

Listen to Music

Do a Puzzle

Blow Bubbles

Do a Word Search

Do Belly Breathing Until You Feel Calm

Put on Noise Reducing Head Phones

Run in Place as Fast as You Can

Go to a Quiet Calm Place

Snuggle a Stuffed Animal

Write in a Journal

Hum or Whistle to Yourself

Go for a Bike Ride

Say the ABCs Backwards

Eat a Snack

Do Mountain Breathing

Blow on a Pinwheel

Play with a Fidget Spinner

Sit in a Dark Room

Bounce on a Ball

Do Some Stretches

Make Faces in a Mirror

Get A Drink of Water

Color a Picture

Squeeze a Pillow as Tight as You Can

Let Someone Brush Your Hair

Have a Dance Party

Use a Weighted Blanket

Take a Bubble Bath

Use Lavender Essential Oil

Play with Playdough

Doodle – Alternate Between Light and
Heavy Pressure

Write Down Your Worries or Frustrations
and Then Tear Up the Paper

Say a Positive Affirmation

Play with a Pipe Cleaner

Trace a Calming Word on Your Leg or Arm

Hang Upside Down Off the Couch

Keep a Feather or Balloon Up in The Air by
Blowing on It

Take a Shower

Take a Nap

Ask for a Break

Play with Thinking Putty

Play with Legos

Look at Old Pictures

Make a Worry or Angry Monster

Suck on Ice

Put Your Hands in Your Pockets

Do Downward Dog

Blow A Marble with A Straw

Do Wall Pushups

Do an ABC Scavenger Hunt

Play with A Rubix Cube

Write a Letter or a Story

Ask for a Break

Yell into a Pillow

Balance on One Foot

Pretend You Are Calm Even If You're Not

Crab Walk

Play Air Guitar or Air Drums

Remember Every Detail You Can About the
Most Beautiful Place You Have Ever Been