

# Calming a Tantrum

## Distraction

TRIVIA  
GUESSING GAMES  
SCAVENGER HUNTS  
THIS OR THAT QUESTIONS  
PLAY A GAME (SIMON SAYS, EYE SPY, TAG)  
ASK IF THEY NEED A HUG  
TRY SAYING THE ALPHABET BACKWARDS  
DRAW A WAVE BREATHING PATTERN ON THEIR BACK OR THEIR HAND

## Playfulness

USE PHYSICAL HUMOR  
TELL A JOKE  
BE WILLING TO LAUGH AT YOURSELF  
USE VIDEOS, PHOTOS OR OTHER VISUAL TOOLS  
USE SILLY CONSEQUENCES

## Power Reversal

SWITCH ROLES: LET YOUR CHILD BE THE "PROBLEM SOLVER"  
GIVE OPEN-ENDED CHOICES  
LET YOUR CHILD HAVE THE WIN

## Exercise

JUMP ON A TRAMPOLINE  
RIDE A BIKE  
GO FOR A WALK  
JUMPING JACKS  
YOGA POSES  
HIPPIITY HOP BALL  
PILLOW FIGHT  
DANCE PARTY  
PUSH UPS  
EXERCISE BANDS

## Model Calm Down Skills

TAKE A BREAK  
COUNTING TO 10 OR 20  
DEEP BREATHING  
PROBLEM SOLVING WORKSHEET  
SENSORY TOOLS (FIDGET SPINNERS, PUTTY, ETC.)  
GOOD COMMUNICATION SKILLS  
CALM DOWN CARDS