

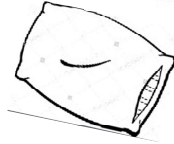
SELF-CALMING STRATEGIES

Read a book/magazine



Scream into a pillow

Punch a pillow



Cry

Talk to someone you trust

Go for a walk

Lie down



Sleep or take nap

Listen to music



Play instrument

Create a playlist of your favorite songs

Hug a stuffed animal



Take a shower/bath

Breathe deeply/slowly (from your abs)

Count to 10

Exercise (run, weights, treadmill, sports, etc.)

Stretch

Do some yoga (videos on YouTube)



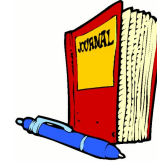
Color/Coloring book

Draw/sketch/doodle/paint



Tell or listen to jokes

Pray/meditate




Write in journal

Build something with molding clay/playdough

Write a letter & shred it (write EVERYTHING)

Write a nice letter to yourself

Watch funny videos on YouTube 

Write 10 things you are grateful for

Write 3 good things about today

Write a list of goals



Do a puzzle

Play a game (solitaire, doodle jump)

Play a video game

Play with a pet (cat, dog, etc.)



Clean/organize your room

Pop bubble wrap

Sing

Dance

Make a snack (popcorn, PB&J)



Cook your favorite meal