

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)

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, snake)



Clean/organize your room

Pop bubble wrap

Sing

Dance

Make a snack (popcorn, PB&J)

Cook your favorite meal

