Help Us Calm Down
Strategies for Children

I can...

- take deep breaths
- count
- go for a walk
- take a drink
- take a break
- listen to music
- draw a picture
- swing
- rock
- read a book
- hug a favorite toy
- do a puzzle

Try these strategies with your child! The more you use a calming strategy and practice the strategy with your child, the more likely they are to use the strategy when experiencing anger, stress, sadness, or frustration.