

Calm Down Activities

Activities for creating calm

Everyone calms down in different ways so it is important to discuss with your child when they feel calm and give them the opportunity to take ownership of the calming process.

ACTIVITY IDEA: Calm Down Wheels

Suitable for 8-12 years

Step 1: Discuss different ways you can calm down when you feel angry e.g. Going to a quiet space, deep breathing etc.

Step 2: Divide two paper plates into 4 or 6 equal segments and cut out one of the segments on one plate. On the other plate draw/write your calming down ideas in each segment.

Step 3: Attach the plate with the cut out segment to the top of the bottom plate using a split pin.

Step 4: Spin your wheel to choose your strategy.



Breathing Activities to Try At Home

Learning how to take a deep breath is a key to calm the physical sensations in the body when we have an uncomfortable feeling. Why not try some of these different techniques to learn how to take a proper deep breath to calm down?

Hot chocolate breathing



Step 1: Hold a pretend hot chocolate in your hands

Step 2: Smell your hot chocolate

Step 3: Blow on it to cool it down gently.

ACTIVITY IDEA: Stress Balls

Suitable for all ages (with support)

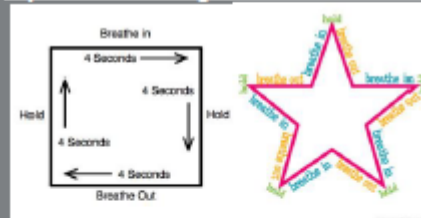
Step 1: Fill a plastic bottle with flour (or you can try rice or dried beans!) using a paper funnel.

Step 2: Blow a balloon up a little and pop the balloon around the bottle top.

Step 3: Turn the bottle upside down and gently squeeze the bottle so the flour will slowly go into the balloon!

Step 4: Hold the balloon tight and GENTLY let the air out. Once it is all out, tie a knot and decorate!

Square Breathing and Star Breathing



SQUARE: Start at the corner of your square. Breathe in through your nose for 4 counts. Hold for 4 counts. Out through your mouth for 4 counts and hold for 4 counts. Repeat.

STAR: Hold your hand out spread wide. Trace up your fingers and breathe in and down your fingers and breathe out until you have traced your whole hand.