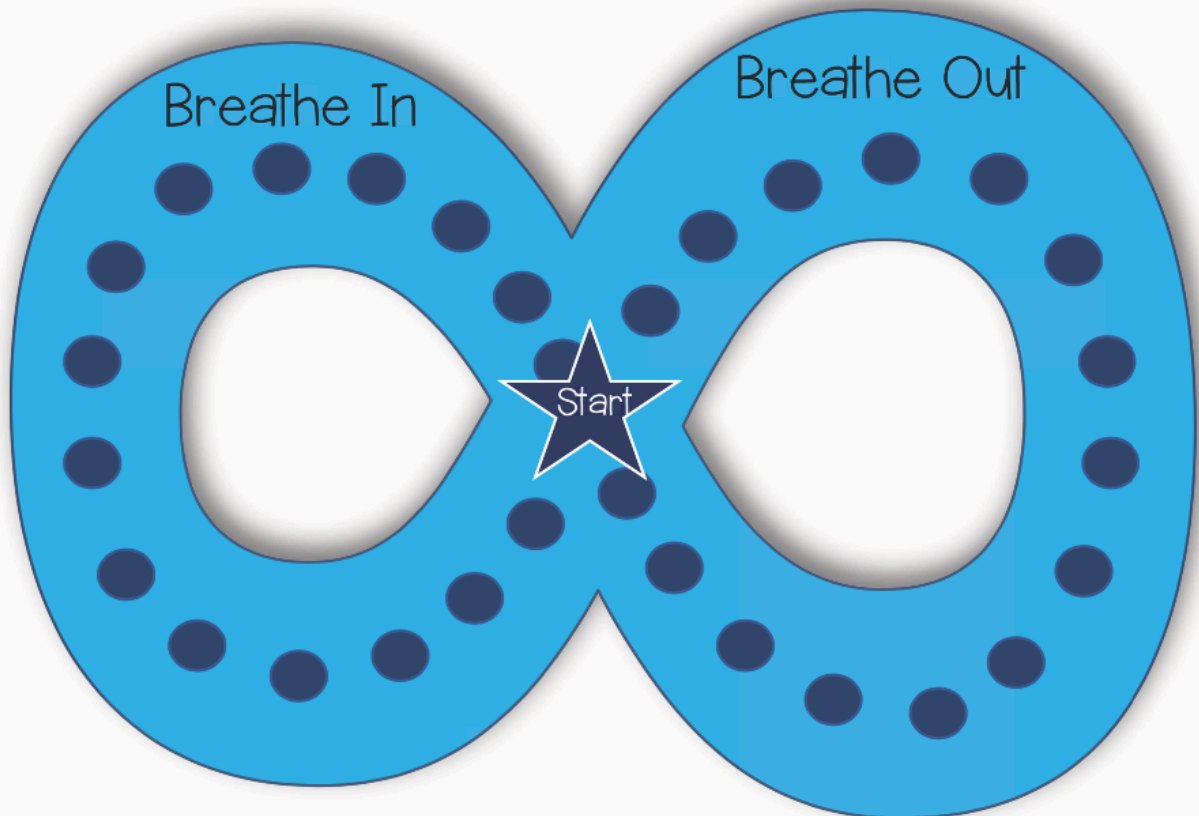


# Calming Strategies

**23 ways to calm down if you are feeling worried or anxious at home**

## 1. Figure 8 breathing

Trace the 8 with your pointer finger while you breathe in and breathe out.



## 8. Listen to Music or Dance

Take a moment to let loose through music. Sing, dance, and do whatever your heart desires!



## 9. Count

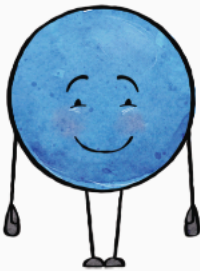
One of the calm down strategies we learn in Second Step is counting. If you have strong feelings, try counting to 10, 30, or even 100. Focus on the numbers.



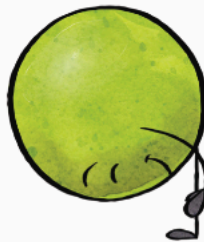
# 10. Stretch or do Yoga

Find a kids yoga video online (Cosmic Kids and Go Noodle are great resources) or try these poses!  
Focus on your breathing.

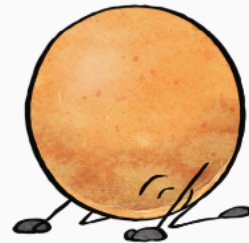
Mountain



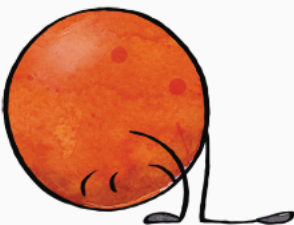
Forward Fold



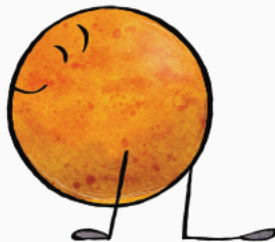
Child's Pose



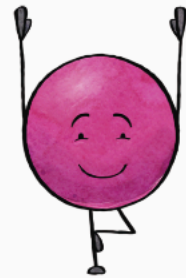
Cat



Cow



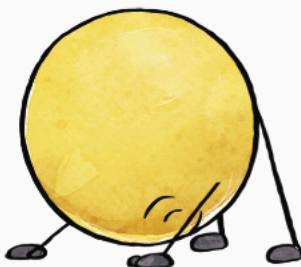
Tree



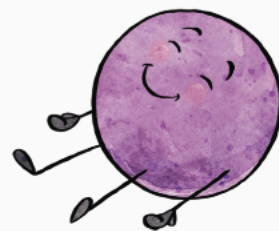
Side Angle



Downward Dog

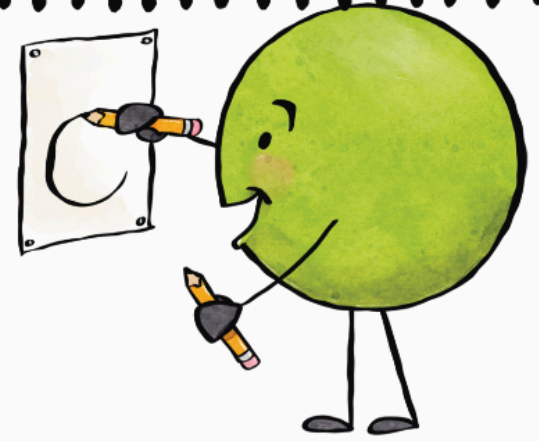


Rest

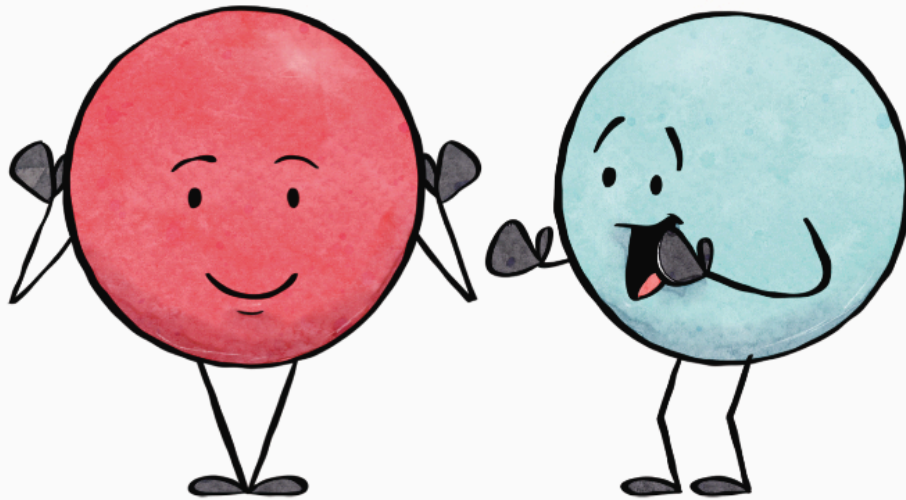


## 14. Draw

Draw anything that comes to mind!



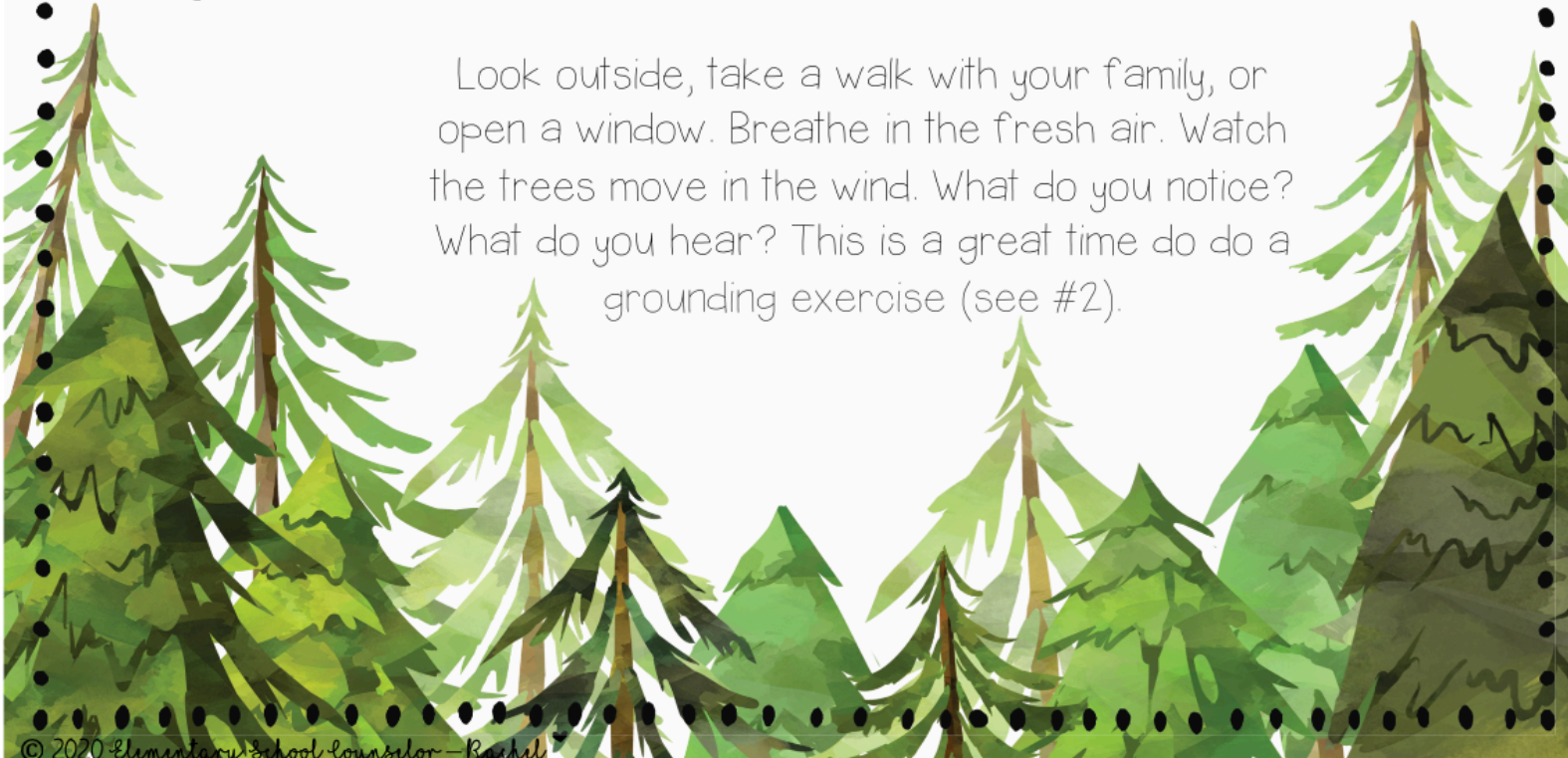
## 15. Talk to Someone



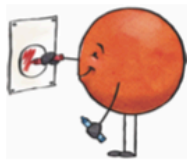
Share your worries with an adult or family member at home.

## 16. Nature

Look outside, take a walk with your family, or open a window. Breathe in the fresh air. Watch the trees move in the wind. What do you notice? What do you hear? This is a great time to do a grounding exercise (see #2).



# 17. Color



Find a coloring sheet online  
or use this one! Or,  
download a coloring app.

