

Help Us Calm Down

Strategies for Children

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.

I can...



take deep breaths



count



go for a walk

take a drink



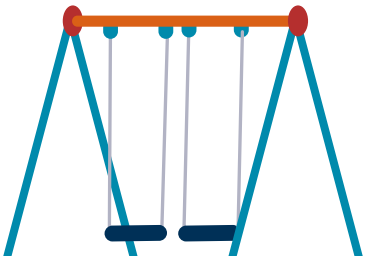
take a break



listen to music



draw a picture



swing



rock



read a book



hug a favorite toy



do a puzzle

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