

10 Self Calming Activities for Children

1. **Quiet Area:** Reducing stimulation can help children to calm down. Allow a child to retreat to a quiet area to calm down such as a corner in a classroom with pillows or a comfortable couch at home with a blanket.

2. **Deep Breathing:** Children can practice deep breathing. Slowly inhale through the nose and slowly exhale out of the mouth. Repeat several times.

3. **Listen to music:** Turn on some soft, quiet music. Use headphones so as not to distract others, if necessary.

4. **Wrap Up in a Blanket:** Wrap yourself up tightly in a blanket or sleeping bag to calm down.

5. **Give Yourself a Hug:** Cross arms across chest and give yourself a big squeeze for 10 seconds. Relax and repeat.

6. **Give Yourself Massage:** Gently rub and squeeze your hands, shoulders and elbows to try and relax.

7. **Exercise:** Get moving. Exercise can help to calm the body. Try yoga, dancing, jogging, jumping rope or walking. Exercise outdoors for additional benefits.

8. **Redirection:** Children need to learn when he/she may need to try something else for a period of time. Children need to learn when to walk away and take a breather. Encourage the child to find an activity that will help he/she calm down such as a sensory bin, coloring or playing with clay.

9. **Slow, Rhythmic Movements:** Sit in a rocking chair or swing on a swing. If nothing is available, sit on your bottom and hug your knees. Gently rock back and forth on your bottom.

10. **Heavy Work Activities:** Participate in activities that require you to push, pull or carry items. Try walking with a stack of books, pull a loaded wagon or push a friend on a swing.

