

10 STRATEGIES TO HELP KIDS CALM DOWN



FIDGETS

If a kid has excess energy, sometimes they can use a gadget as a way to help release some energy.

ZEN GARDEN

Zen gardens can help kids stay centered and grounded when they are experiencing mental, emotional, and physical energy.



JACOB'S LADDER

The repetitive motion of the Jacob's Ladder and the gentle sounds can be soothing.



STRESS BALLS

Stress balls give a child an outlet to relieve frustrations and anxiety. Using a stress ball can also help a child control and manage fidgety fingers.

PAPER AND PENCILS

If a child is having trouble expressing their feelings verbally, it can be easier to write or draw about it.



TRAMPOLINE

Rhythmic jumping on a trampoline can be very soothing. It can help kids calm down after a stressful situation.



BOSU BALL

Provides kids with the ability to move and work out energy to help them calm down.

PUZZLES

Doing a puzzle can distract kids. Focusing on putting something together and doing it successfully can help kids get a better mood after a stressful event.



MUSIC

Listening to music can help lower anxiety in children and help with emotional control.



Adapted from: <https://www.encourageplay.com/blog/10-strategies-to-help-kids-calm-down>