

CALMING TOOLS AND STRATEGIES



100 Calm Down Tools & Strategies

Glitter Jars
I-spy Sensory Bottles
Mazes
Coloring Mandalas
Look and Find Books
Visual Schedules
Visual Timers
Hour Glass
Visual Calming Cards
Sunglasses
Spins
Jumps
Sit and Spin
Hang Upside Down
Roll into a Ball
Hand Fidgets
Stress Balls
Playdough
Silly Putty
Bubble Wrap
Kaleidoscope
Calming Music
Plastic Snow Globe
Finger Maze
Journal

Sensory Tunnels
Weighted Blanket
Resistance Bands
Weighted Vest
Body Socks
Flashlight
Light Up Toys
Spinning Tops
Shadow Puppets
Pinwheels
Essential Oils
Scratch and Sniff
Noise Canceling
Ear Muffs
Audiobooks
MP3 Players
Blow Bubbles
Bubble Gum
Chewable Jewelry
Count to Ten
Blow Out a Candle
Feather Blowing
Get a Hug
Push Against the Wall
Yoga Stretches

Take a Walk
Ask for a Break
Positive Affirmations
Drink Something Cold
Take a Bath (epsom salts)
Rice Sensory Bins
Sand Trays
Hum a Song
Picture Your Happy Place
Defeat Thought Monsters
Belly Breaths
Square Breath
Dragon Breath
Star Breath
Puffer Fish Breath
Squish Box
Crash Pad
Squeeze a Pillow
Burrito Rolls
Joint Compressions
Play with a Pet
Push on a Wall
Turn Into a Pretzel
Photo Album
Hug a Stuffed Animal

Take a Shower
Think, Feel, Act
How Do I Feel Chart
Hiss Like a Snake
Sing the ABCs
Name Your Worry
Wheelbarrow Walks
Listen to a Rainstick
Suck Ice
Brush Hair/Skin
Mop
Body Shapes Bean Bags
Carry a Backpack
Bounce on a Ball
Build with Blocks
Do a Puzzle
Ride a Bike
Play an Instrument
Count Backwards
Drink a Smoothie
Silly Faces
Climb a Tree
Scent Jars
Wrap in a Blanket
Drink Water