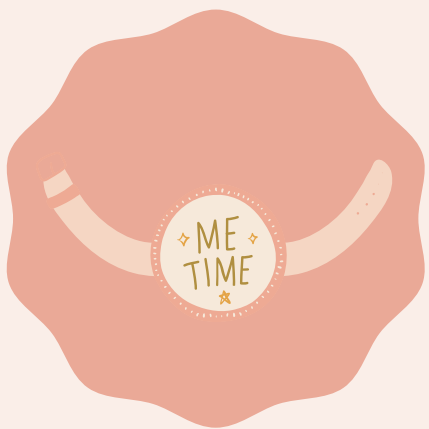


CALMING STRATEGIES FOR ADULTS



MOVE

- Take a walk.
- Do a few yoga poses.
- Stretch.
- Run in place.



FOCUS ON THE 5 SENSES

- Find 5 things you can see.
- Find 4 things you can touch.
- Find 3 things you can hear.
- Find 2 things you can smell.
- Find 1 thing you can taste.



CONNECT

- Call a friend.
- Hug someone.
- Look through family photos.
- Cuddle with a pet.



FOUR SQUARE BREATHING

- Breathe in slowly to a count of four.
- Hold the breath for a count of four.
- Exhale slowly to a count of four. Rest for a count of four (without taking any breaths).
- Take two normal breaths.
- Start over again with number one.



CREATE

- Bake or cook.
- Clean.
- Journal.
- Color or draw.
- Water plants.
- Sing a song.

THERE ARE PLENTY OF WAYS TO DE-STRESS!

With a new school year and a new style of learning, there will be new stressors. Try some of these strategies to help calm yourself when things feel overwhelming.

CALMING TIPS FOR KIDS

With all the changes happening right now, you may notice your scholar is more anxious or stressed. Here are some quick tips to help calm down.

COLOR



DRAW

SET A TIMER AND TAKE A

BREAK



Count to 10 or 20 or as high as you want



BLOW BUBBLES

TAKE DEEP BREATHS

DRINK A GLASS OF WATER



HAVE A HEALTHY SNACK

MORE TIPS...

- Read a book
- Take a walk
- Listen to music
- Talk to a trusted adult