CALMING STRATEGIES FOR ADULTS

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.

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.

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

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

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.
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.

**CALMING TIPS FOR KIDS**

- **Color** or **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