

Activities to help you Calm Down

The 5-4-3-2-1 Coping Technique

Ease your state of mind in stressful moments.

Acknowledge **5** things that you can see around you.



Acknowledge **4** things that you can touch around you.



Acknowledge **3** things that you can hear around you.

Acknowledge **1** thing that you can taste around you.



Acknowledge **2** things that you can smell around you.



#DeStressMonday

DeStressMonday.org

DE STRESS
MONDAY

Calm Down Strategies for Kids

Pathway 2 SUCCESS



Color or draw



Think happy thoughts



Take deep breaths



Talk to someone



Make a list of choices



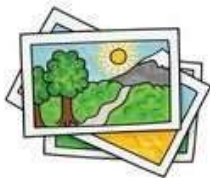
Set the timer and take a break



Read



Think of a pet



Look at photos



Use positive self-talk



Take a walk or exercise



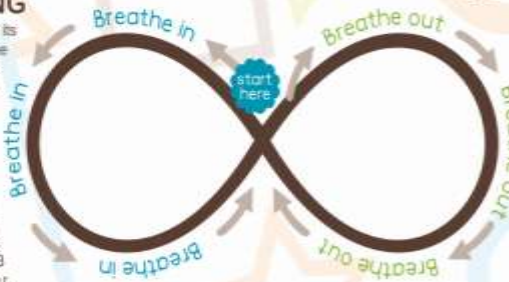
Write in a journal

www.thepathway2success.com

Clipart by Kate Hadfield

LAZY 8 BREATHING

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.



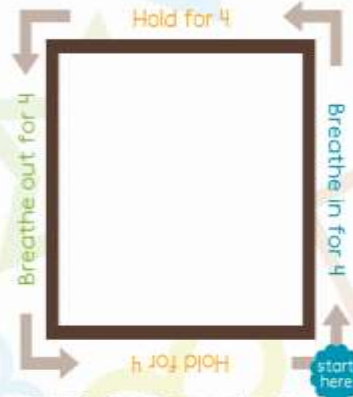
TRIANGLE BREATHING

Start at the bottom left of the triangle. Follow the sides around the whole triangle to complete one deep breath.



SQUARE BREATHING

Start at the bottom right of the square, and follow the arrows around the whole square to complete one deep breath.



STAR BREATHING

Start at any "Breathe in" side, hold your breath at the point, then breathe out. Keep going until you've gone around the whole star.

