Identifying Calming Strategies/Breaks for You and Your Child

In a moment of calm, or during a morning meeting, sit down with your child and let them know that you would love to come up with a few strategies to use if anyone in the family needs a calming moment or a "brain break."

Post your family’s calming strategies somewhere as a reminder to use in the moment.

You might want to create a list for each child and adult in your household, as adults need calming breaks as well!

Make sure you have all the materials needed to implement the strategies (you don’t want to be building a calm space or looking for coloring books or arts and crafts materials in the moment!).

Role play what it might look like to use the strategy.

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Calming Menu for Your Child

Sit with your child and have them circle the ones they would like to try or add their own:

- Take a deep breath
- Get some fresh air
- Walk away
- Hum/sing
- Drink some water
- Go for a walk
- Listen to music
- Draw/color
- Read a book
- Jump
- Play with a pet
- Talk to an adult
- Talk to a friend
- Journal
- Dance/move your body
- Read a comic book or something that makes you laugh
- Do art/crafts
- Get a hug
- Squeeze something tight
- Smell something that makes you feel calm
- Take a bath/shower
- Tell yourself that it will be okay
- Tell yourself something calming
- Do a 10-minute mindfulness app
- Go into Zen Den (calming place)
- Listen to an audiobook
- Practice mindfulness activity: ________________
- Other: _________________________________
- Other: _________________________________
- Other: _________________________________
Calming Menu for Parents

Circle the calming strategies you would like to try or add your own:

- Take a deep breath
- Have a warm tea or coffee and savor it
- Take a digital detox moment and go outside and take 3 deep breaths
- Get some fresh air
- Walk away
- Hum/sing
- Drink some water
- Go for a walk
- Listen to music
- Draw/color
- Read a book
- Do a short exercise video online (dance, yoga, etc.)
  - Play with a pet
- Talk to a spouse
- Talk to a friend
- Journal
- Dance/move your body
- Read a book or something that makes you laugh
- Do art/crafts
- Get a hug
- Smell something that makes you feel calm
- Take a bath/shower
- Tell yourself that it will be okay
- Tell yourself something calming
- Do a 10-minute mindfulness app
- Go into an adult Zen Den! (calming place)
- Listen to an audiobook
- Text a friend
- Practice mindfulness activity: _____________
  (see menu on next page for ideas)
- Other: _______________________________
- Other: _______________________________
- Other: _______________________________