

Your Calm-Down Toolkit



1. Take 5 deep breaths, breathing in through your nose and out through your mouth.
2. Clench your fists as hard as you can for 5 seconds and then open them as wide as possible
Do this 5 times.
3. Close your eyes and imagine your favourite place, picturing every detail.
4. Turn over an hourglass and watch the sand run out.
5. Hold a yoga pose for as long as you can (e.g., tree, frog).
6. Read a sentence you find soothing.
7. Hum softly.
8. Tilt your upper body from side to side.
9. Push your palms together as hard as you can.
10. Push against a wall as hard as you can.
11. Touch something soft (e.g., a blanket, a feather, a piece of cloth).
12. Drink a glass of water.
13. Squeeze a stress ball.
14. Colour a mandala.
15. Draw a series of circles without lifting your pencil from the paper.
16. Touch 5 objects that you see around you.
17. Count backwards from 100.
18. Put on an eye mask or go somewhere darker for a few minutes.
19. Fold and unfold a sheet of paper over and over again.
20. Hug a cushion, pillow or blanket.

