

When I Have Big Feelings

Calming Strategies for Kids



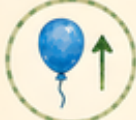
by Angelina Gauthier

©Kindness and Stories -
may be copied for school use

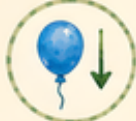
Stuffy Buddy Breathing



Lie on your back and place a stuffed animal on your belly.



Breathe in slowly (inhale) and watch it rise.



Breathe out slowly (exhale) and watch it fall.



Take slow, deep breaths.



Continue until you feel calm.



Belly Breathing



Sit in a comfortable position.



Breathe in through your nose
for the count of 4.



Exhale through your mouth
for the count of 4,
making your belly
big and round.



Repeat until
you feel calm.



Box Breathing



Sit in a comfortable position. Close your eyes if you wish.



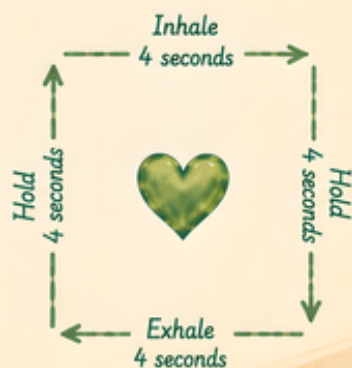
Inhale slowly through your nose. Hold for 4 seconds.



Exhale through your mouth. Hold for 4 seconds.



Continue until you feel calm.



Five Finger Breathing



Hold up your hand.



Trace up each finger as you breathe in.



Trace down as you exhale.



Repeat until you feel calm and relaxed.



Feel-Good Pictures

Print off pictures
that make you happy.



They may be pictures
of your family, friends,
pets, flowers, trees,
beaches, or animals.



Place them on a ring,
staple them together
to make a book, or
put them in a
special box.



Go Outside

Nature gives big
feelings a break.

It helps you feel calm,
peaceful, and in control.

Take a walk, ride your bike,
blow bubbles, look for bugs,
jump on the trampoline,
or go to a park.



Take a walk



Ride your bike



Blow bubbles



Look for bugs



Jump on the
trampoline



Go to a park

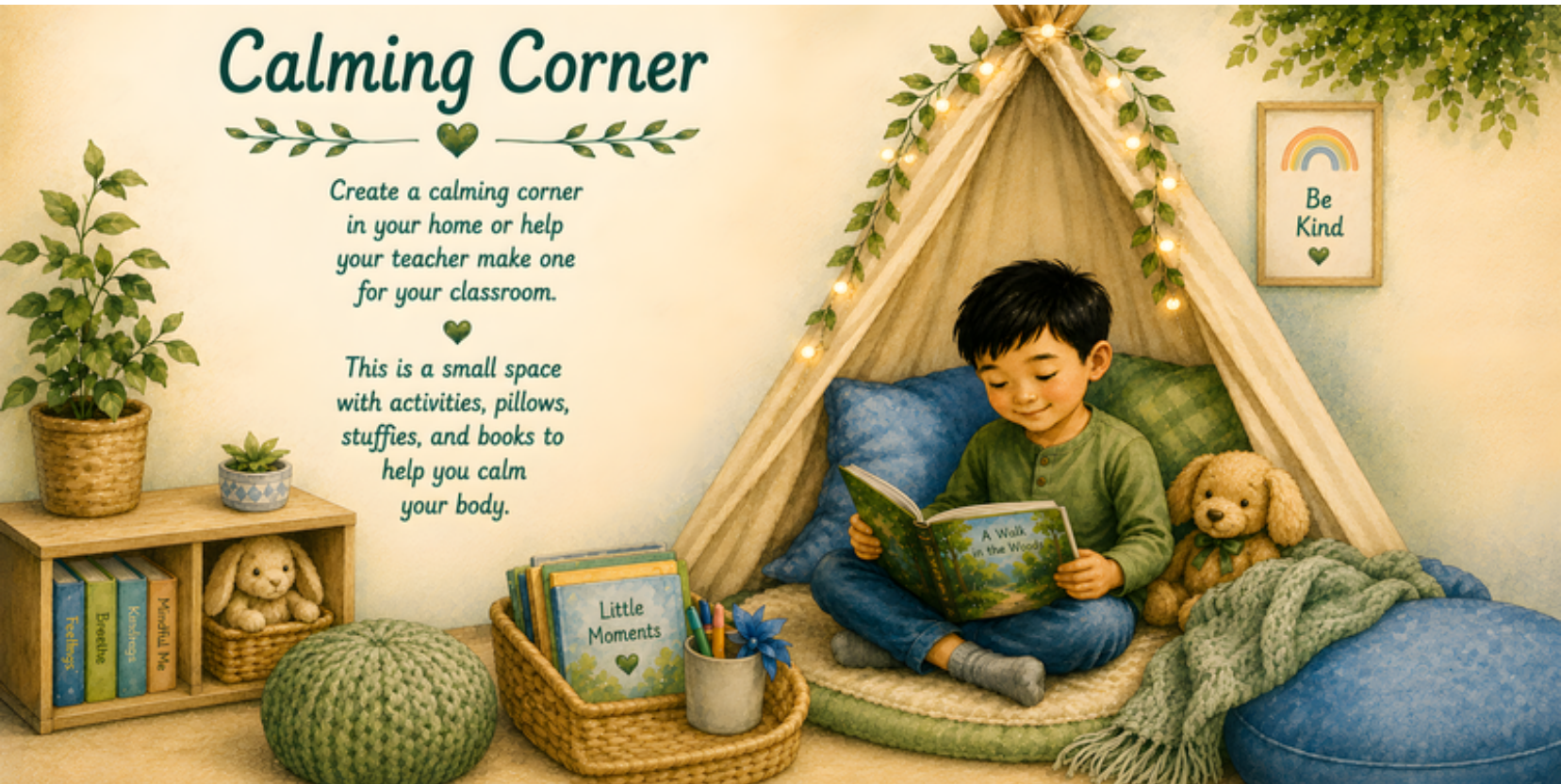
Calming Corner



Create a calming corner
in your home or help
your teacher make one
for your classroom.



This is a small space
with activities, pillows,
stuffies, and books to
help you calm
your body.



Positive Self Talk



Stop and name
your feelings.



Say kind, helpful
words to yourself like:

I can do
hard things.



I can
handle this.



I can calm
my body.



Favorite Memory and Gratitude:



Think of a happy
memory or something
you are thankful for.



Why does it
make you happy?



Why does it make
you thankful?



Figure 8 Breathing



Trace a sideways figure 8 with your finger.



Breathe in on one side.



Slowly let your breath out on the other side.



Continue until you feel calm and relaxed.

