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## **20 CALM DOWN IDEAS for kids**

- 1. Slow down your breathing**
- 2. Stretch**
- 3. Write a letter or draw a picture**
- 4. Get wrapped up tight like a burrito**
- 5. Cover up with a (age appropriate) weighted blanket**
- 6. Run around outside**
- 7. Draw/color what your feelings look like**
- 8. Cuddle up with a cozy blanket and lovey**
- 9. Play with water**
- 10. Listen to music**
- 11. Jump**
- 12. Play with a pet**
- 13. Squeeze a stuffed animal**
- 14. Ask for a hug**
- 15. Turn off the lights**
- 16. Tell a grown up what you need**
- 17. Take a warm bath**
- 18. Read a book about emotions**
- 19. Go to your "Positive Time Out" area**
- 20. Talk about your emotions and feelings with a grown up**