

12 Ways to Help Kids CALM DOWN

In-the-moment techniques to calm a child who is overstimulated out are SO important. Here are 12 ways to help a child get into a calmer space.

SENSORY INPUT



Carry something heavy to engage the large muscle groups



Hang upside down on the jungle gym or on a couch



Get a really tight, long bear hug from a friend or family member

CROSSING THE MIDLINE



Do cross-crawls: Touch one hand to opposite knee. Repeat with other side.



Do 20 jumping jacks then touch hand to opposite toe 20 times



Draw wide figure 8's in the air in front of you. Do it with each hand

GROUNDING



Focus on what you hear, see, smell and feel to bring attention back to your body



Wash your hands for 2-3 minutes and really feel the water.



Ball your hands into fists, then relax. Tense entire body, then relax.

MINDFULNESS



Do square breathing: Do each for 4 seconds: breath in, hold, breath out, hold. Repeat.



Grab a textured object. Close your eyes and describe what it feels like.



Jump up and down for 1 minute. Then close your eyes, put your hand on your chest and count your heartbeats.