

Calming Activities



- Write in a journal
- Color a picture
- Write a letter to someone
- Draw something that makes you happy

- Listen to your favorite singer
- Choreograph a new dance
- Practice an instrument



- Search a kids Yoga video on Youtube
- Play outside
- Take a walk
- Practice breathing in the fresh outdoors

- Play games with your family
- Help cook a meal
- Remember to talk to your adult if you are feeling stressed

