

# 50 Ways to Calm Down

## Move

- Start doing jumping jacks
- Shake your arms and legs
- Go for a walk
- Go kick or throw a ball outside
- Start cleaning something
- Jump up and down
- Do push up.
- Tap your hands on the table over and over
- Chew on a piece of gum
- Fidget with something
- Run in place

## Play

- Give your kids a really big hug
- Put on music and have a dance party
- Playfully chase your kids around the room
- Make funny sounds
- Start wrestling with your kids
- Make silly faces at your kids
- Give a piggy back ride
- Have a tickle fight with your kids
- Color in a coloring book
- Lay down on the floor and play dead
- Blow Bubbles

## Relax

- Take some deep, cleansing breaths
- Tense your body and release
- Walk away
- Squeeze a stress ball
- Listen to calming music
- Take a break and lay down
- Close your eyes relax your body
- Make a calm down bottle and look at it
- Take a hot shower

## Get it out

- Silently scream
- Sing loudly to a great song
- Scream in a pillow
- Cry...it's okay to let them see you get upset
- Laugh out loud
- Yell outside
- Tear apart paper or a magazine
- Write out your feelings in a journal
- Scream "I LOVE YOU" to your kids

## Talk

- Make a long shhhh sound
- Call a friend
- Start counting
- Tell your kids how you feel
- Say to yourself  
"I am calm" or "I can do this" or "I love my kids"

## Crazy Ideas

- Pretend you're on camera or that someone is watching you
- Blow up a balloon
- Whisper
- Look at a favorite picture of your kids
- Cuddle a baby doll or stuffed animal and  
sway back and forth