

Calming Strategies for Kids



Take slow
belly breaths



Put on calm,
happy songs



Go to your
safe space



Take a quiet
story break



Squeeze a
stuffed animal



Make
calming art



Gentle
stretching or
yoga



Do a puzzle
or fidget quietly



Do a puzzle
or fidget quietly



How to Use the Calming Strategies Poster

The Calming Strategies Poster gives students quick visual reminders of positive ways to calm their bodies and minds. Display it where students can see and use it independently.

1. Prepare the Poster

- Print in color (or grayscale for ink-friendly use).
- Laminate if possible for durability.
- Post in calm-down corners, classrooms, hallways, or counseling spaces.

2. Teach the Strategies

- Introduce the poster in a class lesson — explain each strategy with a short demo (e.g., model deep breathing, stretching arms, or using a fidget tool).
- Practice as a group so students are familiar with each option.
- Reinforce that these are choices, not rules — students can pick what works for them.

3. Use in the Moment

- When a student feels overwhelmed, guide them to the poster and ask: “Which one would help you right now?”
- Encourage independence — students can point to the picture or say the strategy they want to try.
- Provide materials (e.g., stress ball, water bottle, chair space) to make the strategies doable.

4. Build Habits

- Encourage students to use the poster regularly, not just during meltdowns.
- Incorporate a strategy as part of daily routines (e.g., 2 minutes of breathing after recess).
- Celebrate when students use strategies on their own — positive reinforcement builds confidence.

5. Tips for Success

- Keep it visible at student eye level.
- Pair with a Calm-Down Corner or toolbox for maximum impact.
- Update or rotate strategies if students get bored or stop responding.
- Remind students: “Everyone needs calm moments. These tools are here to help.”

■ **Remember:** Every child is different — not every strategy works for every student. The poster is a menu of options that students can explore and discover what works best for them.

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