

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 (Parents)

The Calming Strategies Poster helps children learn safe, positive ways to calm their bodies and minds. Use it at home as a visual tool to guide your child through calming choices.

1. Prepare the Poster

- Print in color (or grayscale for ink-friendly use).
- Laminate if possible so it lasts longer.
- Place it somewhere visible — calm-down corner, bedroom wall, or fridge.

2. Teach the Strategies

- Introduce the poster during a calm time.
- Show your child how to do each strategy (deep breathing, stretching, etc.).
- Practice together so they know what each one means.

3. Use in the Moment

- When your child feels upset, guide them to the poster and say: “Which one do you want to try?”
- Let them point to or choose a strategy.
- Support them with tools if needed (timer, fidget, quiet space).

4. Build Habits

- Encourage your child to use the poster before big emotions escalate.
- Use the strategies daily — not just during meltdowns.
- Praise them when they try a strategy: “You took deep breaths to calm down — that was great!”

5. Tips for Success

- Keep the poster at your child’s eye level.
- Pair it with a calm-down corner or basket of sensory tools.
- Stay calm and model the strategies yourself — kids learn best by watching.
- Celebrate even small steps toward independence.

■ Remember: Every child is different. The poster is a menu of options — let your child explore and discover which strategies help them the most.