

Calming Strategies

Ask your child to count to 10.

Ask your child to take deep breathes.

Draw a doodle or scribble on a piece of paper.

Cuddle a cuddly toy.

Read a book.

Listen to calm music or spend time in a quiet calm place.

Blow bubbles.

Play with playdough.

Have a drink of water.

Sand/ water play.

Mindfulness colouring.

Breathing techniques

5-4-3-2-1 Grounding Technique

5- Things you can See.

4- Things you can Touch.

3- Things you can Hear.

2- Things you can Smell.

1- Things you can Taste.

Rainbow Grounding Technique

Take a deep breath and look around you.

Try to find an object for each of the colours of the Rainbow.