9 CALM DOWN IDEAS FOR KIDS

- Go outside and kick a ball or run around.
- 2. Punch a pillow.
- 3. Listen to music or sing a song.
- 4. Close your eyes and think of a calm place.
- **5.** Draw a picture.
- **6.** Write a letter or a story.
- 7. Read a book.
- **8.** Talk to someone.
- **9.** Ask for a hug.

