

STOP and "Take 5"

Calm Down Strategies for Kids (big and small)



1. Trace your Hand
2. Pick 5 of your favourite "Take 5 Strategies" (one for each finger)
3. Add them to your drawing
4. Colour and decorate
5. Put this drawing in a spot where it can easily be seen : eg on your bedroom wall.
6. When you feel anxious, stressed or nervous..... STOP and take at least 5 minutes to do one or more of your top 5.

Some "Take 5" Calm Down Strategies can include:

1. Count 5 Breaths
Take 5 long deep slow breaths and count them as you go.
2. See your "Happy Place".
See in your head a place that makes you feel happy and safe.
Know that you are happy and safe.
3. Yoga. Cosmic Kids Yoga on Youtube is a great resource.
4. Read a book.
5. Watch a movie.
6. Exercise. Go for a walk, a bike ride or kick the ball in the backyard.
7. Write it down. Write in your journal or diary.
8. Draw it. Colour in or draw a picture.
9. Meditate. Listen to your favourite meditation music or guided meditation.
10. Talk to someone about it.