



# CALMING

## Activities

### No Equipment

Be Upside Down

Bear Hugs

Get Outside!

Look Up!

Sing

Animal Breaths

Stretch

Make Silly Faces

Any Kind of Heavy Work  
(Proprioception)

Phrases That Help Calm A  
Child

### Common Household Items

Get Wrapped Up Tight

Read A Favorite Story

Puzzles

Swinging or Rocking

Hold An Ice Cube

Stuffed Animal, Especially A  
Weighted One

Color Or Other Art

Blow Bubbles

Dim Lights

Calming Music

### Special Equipment

Noise Canceling Headphones

Calming Smells

Crash Pad

Fidget Toys

Sensory Bins

Weighted Blanket

Squeezy Balls

Mermaid Fabric

