



Calm Activities

CALM PICTURE

Write the word CALM as large as possible and let your child colour in the word. They can add pictures of things that help them feel calm. Let them use calming colours - anything to create an image of calm. Tell children to stare at the picture and see how calm they can feel. Then ask them to close their eyes and make the picture very small - like a postage stamp. Tell children they can keep this little picture anywhere they like in their body - heart, head, palm. Whenever they are feeling stressed and anxious, they can look at their calm picture and feel calm.

CALM BOX

Make up a calm box so you always have something to help you feel cool and calm. Find a box and put things that make you feel calm like a cool pebble, a feather, a stress ball, a cuddly toy and your calm cards.

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