

CALMING TOOLS AND STRATEGIES



100 Calm Down Tools & Strategies

Glitter Jars

I-spy Sensory Bottles
Mazes

Coloring Mandalas

Look and Find Books

Visual Schedules

Visual Timers

Hour Glass

Visual Calming Cards

Sunglasses

Spins

Jumps

Sit and Spin

Hang Upside Down

Roll into a Ball

Hand Fidgets

Stress Balls

Playdough

Silly Putty

Bubble Wrap

Kaleidoscope

Calming Music

Plastic Snow Globe

Finger Maze

Journal

Sensory Tunnels

Weighted Blanket

Resistance Bands

Weighted Vest

Body Socks

Flashlight

Light Up Toys

Spinning Tops

Shadow Puppets

Pinwheels

Essential Oils

Scratch and Sniff

Noise Canceling

Ear Muffs

Audiobooks

MP3 Players

Blow Bubbles

Bubble Gum

Chewable Jewelry

Count to Ten

Blow Out a Candle

Feather Blowing

Get a Hug

Push Against the Wall

Yoga Stretches

Take a Walk

Ask for a Break

Positive Affirmations

Drink Something
Cold

Take a Bath (epsom
salts)

Rice Sensory Bins

Sand Trays

Hum a Song

Picture Your Happy
Place

Defeat Thought
Monsters

Belly Breaths

Square Breath

Dragon Breath

Star Breath

Puffer Fish Breath

Squish Box

Crash Pad

Squeeze a Pillow

Burrito Rolls

Joint Compressions

Play with a Pet

Push on a Wall

Turn Into a Pretzel

Photo Album

Hug a Stuffed
Animal

Take a Shower

Think, Feel, Act

How Do I Feel Chart

Hiss Like a Snake

Sing the ABCs

Name Your Worry

Wheelbarrow Walks

Listen to a Rainstick

Suck Ice

Brush Hair/Skin

Mop

Body Shapes Bean
Bags

Carry a Backpack

Bounce on a Ball

Build with Blocks

Do a Puzzle

Ride a Bike

Play an Instrument

Count Backwards

Drink a Smoothie

Silly Faces

Climb a Tree

Scent Jars

Wrap in a Blanket

Drink Water