



CALMING TOOLS IN THE EARLY CHILDHOOD CLASSROOM

Quick ways to CALM down!
Sea Life Sensory Solutions.

 Puffer Fish Puff Puff your cheeks like a puffer fish! Fill your cheeks with air and hold for 5 seconds.	 Clam Cuddle Cuddle yourself like a clam. Place your hands on the opposite shoulders and squeeze.	 Turtle Tongue Poke your tongue out like a turtle pokes out its neck. Stick your tongue out and quickly hide it again.	 Starfish Stretch Stretch out like a starfish. Place your arms up over your head and stretch out wide. Stretch your legs out wide too.
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CALM DOWN YOGA FOR KIDS

I am strong.

I am kind.

I am brave.

I am friendly.

I am wise.

GARDEN YOGA FOR KIDS

Pretend to be a tree
Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.

Pretend to be a frog
Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.

Pretend to be a seed
Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.

Pretend to be a butterfly
Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.

Pretend to be a flower
Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.

10 WAYS to Calm Down

1. Breathe in and out slowly 10 times.
2. Squeeze a stress ball.
3. Take a break and get a drink of water.
4. Talk to a grown-up.
5. Hug someone.
6. Draw a picture about it.
7. Write about your feelings.
8. Do some stretches.
9. Think of something happy.
10. Read a magazine or book.

CALM DOWN choices

deep breath	draw	do yoga
sit	squeeze something	look at the sensory bottle
play with play dough	do a puzzle	blow bubbles

I Can Calm Myself

Take deep breaths
Smell the flowers
Blow out the candle

Count slowly
1...2...3...
4...5...6...

Relax my body

When I'm frustrated, I can:

some exercises

go to a quiet place

STOP and take a break

Take 10 deep breaths

go to a song

ask for help

Special Learners 2014

CALM DOWN choices

get a drink	build	read
do jumping jacks	listen	push the wall

I can calm down when I get upset.

