

**Angry/Mad**

**Scared/Anxious**

**Sad**

**Calm/Happy**

Graphics From: [www.mycutegraphics.com](http://www.mycutegraphics.com)

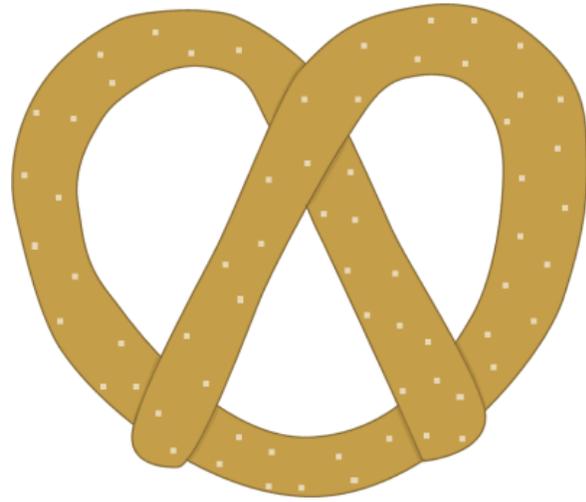
# Self-Calming Strategies

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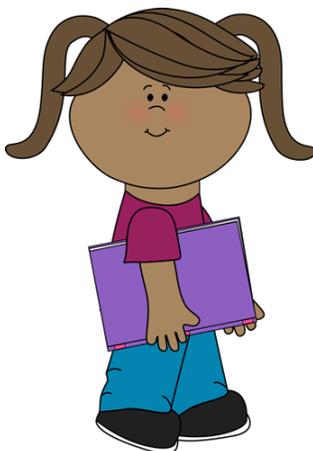
## The Balloon:

Have your child hold his hands in front of his mouth like holding a small balloon. Tell your child to blow up the balloon. As he blows, he spreads his hands apart to pretend the balloon is getting bigger. Once the balloon is as big as it can get, your child claps his hands together to “pop” the balloon.



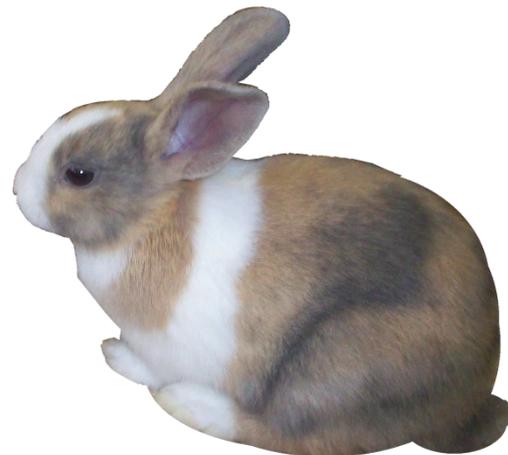
## The Pretzel:

Have your child fold herself into a pretzel and squeeze. Have her wrap her legs together and fold her arms across her chest like she’s hugging herself. When she is as twisted as she can possibly get, have her squeeze hard.



## Take A Walk:

Have your child take a walk to cool off. Sometimes just walking around a bit can help.



## Be a Bunny:

Have your child pretend to be a bunny. He can get down on the ground like a bunny or just sit on his bottom. Have him breathe like a bunny does in short, quick breaths. Don’t let your child do this too long or he might get dizzy but a little bit of shallow breathing can bring his breathing back under his control. Follow this up with some long deep breaths, like hissing like a snake.

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## Write A Letter:

Have your child “write a letter” about why she’s mad. Get out a piece of paper and a big fat crayon. Have your child scribble violently all over the paper. This should release some tension. If your child is older, you may actually be able to get her to write down why she’s mad. When she’s done, have your child read it to you or just crumple the paper and throw it away.

# A B C

# 1 2 3 4

## ABCs and 123’s

Count or Sing the ABCs: Have your child count as high as he can or sing/say the alphabet. Many times this is enough to bring the breathing back under control to quell the tantrum.



## Hug A Stuffed Animal or Pillow:

Have your child pick a pillow or stuffed animal to hug. Tell her to squeeze it hard so she can get all of that upset out. She could also tell her stuffed animal why she’s upset.