

# 8 Ways Kids Can Calm Down Anywhere

For kids that have a harder time regulating emotions, these tools can be used ANYWHERE to help them calm down.

## 1. Count to 5.

Counting is a great way to teach kids to stop and think before reacting to their anger.

## 2. Take a deep breath.

Deep breathing is such a great relaxation technique.

## 3. Blow into your hands.

This is another technique for promoting deep breathing.

## 4. Place hands in pockets.

This provides deep pressure and physical restraint.

## 5. Identify antecedents to anger.

It is important for kids to identify what happens in their bodies before being angry.

## 6. Make a fist, then relax hand.

A great way to release tension built up in the body.

## 7. Do a body scan.

Starting at the head, scan the body, relaxing areas of tension.

## 8. Ask for a hug.

Hugs make everything better, find someone you love and hug it out!