

Name: _____

Date: _____

Calming Activities

P L A Y S H T W R T

W I Z W D A E R U A

D S H R E G F L N L

Q T W I R N Y S P K

W E A T M I W S B H

A N T E J S D Z O T

R A C G N I R E U A

D Q H P Y D I T N E

M A K E W A S H C R

C U D D L E Z K E B

breath

listen

cuddle

bounce

write

watch

sing

wash

ring

help

draw

tidy

talk

make

swim

play

ride

read

eat

run