

Name: _____ Date: _____

Calming down strategies

1. LKOO TA AN HOSSLURAG _____
2. VAAL PAML _____
3. RUIAUAMAQ _____
4. IPR USITES PPEAR _____
5. NEDB DAN TITWS IPPE CLERNASE _____
6. EHAV A AKNCS _____
7. LWBO A IEEHPWLN _____
8. EEEUSQZ A SSTER LABL _____
9. GUH A PIWOLL _____
10. INESTL TO ANUTRE SDSONU _____
11. AEW R A YDOB CKOS _____
12. MAKE A FTCAR _____
13. PYLA EIIAORSTL _____
14. NDESECT OITLN _____
15. ETAK A ORBOCLKARE _____
16. ULNAJOR _____
17. HURSB RAHI OR KNIS _____
18. IBCLM A LWACKRO _____
19. DDOEOL _____
20. SRHTTEC _____

Word Bank

Doodle	Blow a pinwheel	Listen to nature sounds	Bend and twist pipe cleaners
Brush hair or skin	Take a breakcolor	Stretch	Look at an hourglass
Hug a pillow	Have a snack	Climb a rockwall	Wear a body sock
aquarium	lava lamp	Scented lotion	Squeeze a stress ball
rip tissue paper	play solitaire	make a craft	Journal