

Calming Down Tools for Children

Parents can follow the script or do their own variation.

 <p>Cool the Soup</p>	<p>Imagine you have a bowl of hot soup in your hand. You really want to eat it right now, but it's too hot. Let's cool it down. Take a deep breath and blow in the soup. Do it three times. Now you can have the yummy soup.</p>
 <p>Noodles</p>	<p>Stand up with your feet firm on the ground. Imagine you are a spaghetti noodle that is not boiled yet. It is straight, stiff and hard. Make your body tight and straight. Now imagine that the noodle is cooking in the hot water. It's going all lumpy, loose, dancing in the water. Wiggle your body, move your hands, let it loose like a wet noodle. You can repeat the exercise 2/3 times</p>
 <p>Bubbles</p>	<p>You can blow actual bubbles or imagine that you are blowing bubbles. Take a deep breath and blow. Repeat, watch the bubbles float away, look for the rainbow appearing in the bubble.</p>
 <p>Jumping Jacks</p>	<p>When you feel angry, sad or worried and want to do something with your hands and body, do the jumping jacks. Count 10 jumping jacks and then stop. Take a deep breath. Do 10 more if you feel like it.</p>