

# Awesome Family Calm Down Ideas

**Calming down *together* is the key!**

Read a book	Drink something cold	Have a bath
Listen to music	Put on headphones	Ride a bike
Apply a coldpack	Chewable Jewelry	Kick a ball
Play a drum	Ask for a hug	Jump
Blow bubbles	Yoga stretches	Chew Gum
Draw a picture	Hang upside down	Cuddle
Chew ice cubes	Heavy blanket	Colouring
Squish clay	Blow a pinwheel	Roll on oils
Feelings game	Resistance band	Drink water
Dance to music	Use a fidget	Stress ball

***When little people are overwhelmed by big emotions, it's our job to share our calm not to join their chaos.***

*L. R. Knost*



**A Child's Song**  
Adoption Support Services

