Very "Special" Tales

Feeling Good Kit

Printable Calming Activities for Kids
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DISCLAIMER

• The purpose of this document is to share information that may be useful when dealing with anger and anxiety in kids.
• It is not meant to be a substitute for professional advice and I am not in any way giving any type of professional service.
• If professional or other expert advice is required, the services of a competent professional should be sought.
• While some tips may work wonders for some kids, they may not work for others.
• I´ve made my best efforts to compile accurate and up to date information, but I can´t guarantee that this will always be the case.

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GENERAL ADVICE:
• I recommend you read my post “Anger Management Activities for Kids”. It will provide you with some ideas on how to work anger management with kids. I encourage you to:
  • Talk about anger with your kids
  • Consider using a “feelings thermometer” if they have difficulties expressing their emotions
• Visual clues are a great help for kids, so these cards will be a good support when they:
  • need to ask for help to calm down, or
  • try to self-regulate themselves

WORKING WITH THIS KIT
• Discuss with your kid what activities can help him cool down when he is angry
• Help her practice these activities when she is calm. It will promote automation and increase the chances that the activities will be used when anger or anxiety occur
• Sometimes an activity does not work for a kid, but it does not mean it will not work in the future.
Feeling Good Kit

I´ve organized the cards in “sections”, so that finding activities is easy (there are covers for each of them):

• General tips:
  • Ask Mom for help
  • Stop, Think, Do
  • Count to 10
  • Have a snack
  • Sensory bottles

• Breathing exercises:
  • Breathe in like smelling a flower
  • Breathe out like blowing out a candle (I´ve added these two actions in a 3rd card so that you can have them as a single breathing activity)
  • Lazy 8 Breathing (check my post: Lazy 8 Breathing for details on this activity)
  • Breathe in and out while Mom counts to ten
  • Blow bubbles

• Leave the situation where anger starts (physically)
  • Go to another room
  • Go to a quiet place
  • Step out to the garden
  • Go for a walk with Mom and /or Dad

• Leave the Situation (start a new activity)
  • Watch t.v.
  • Mom tells you a story
  • Play with a tablet/iPad
  • Make a drawing
  • Listen to music
  • Play with playdough
  • Play board games

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WORKING WITH THIS KIT

• Physical Activity (Burn Energy!)
  • Bounce on a ball
  • Jump
  • Run

• Other relaxation techniques:
  • Write down your worries on a piece of paper and tear it
  • Progressive muscle relaxation
  • Meditation
  • Practice Yoga (you can check “Yoga for Kids: Tips for Beginners, Books, and other Resources” for more details)
  • Squeeze a ball with your hand / Release the grip (repeat several times)
  • Think about things that make you happy
  • Hug tight your favorite soft toy

This list is “work in progress”. You will be receiving more calming cards in my emails in the future.

• I recommend you print the cards, laminate them and bind them with a book ring.
• Take them with you or put them in your kid’s backpack to be able to use them on out and around.
Breathing Exercises

BREATHE IN LIKE SMELLING A FLOWER

BREATHE OUT LIKE BLOWING A CANDLE

BREATHE IN & OUT PRACTICE LAZY 8 BREATHING

BREATHE IN & OUT WHILE MOM COUNTS TO TEN
Leave The Situation! (physically)

- BLOW BUBBLES
- GO TO ANOTHER ROOM
- GO TO A QUIET PLACE
- STEP OUT TO THE GARDEN
- GO FOR A WALK
Leave The Situation! (change activity)

- Watch TV
- Mom Tells A Story
- Play A Game On A Tablet
- Make A Drawing
- Play With Playdough
Physical Activity = Burn Energy
Other Relaxation Techniques

WRITE DOWN WORRIES
& TEAR THE PAPER

PROGRESSIVE MUSCLE RELAXATION FOR KIDS

PRACTICE YOGA

MEDITATION

SQUEEZE / RELEASE
THINK HAPPY THOUGHTS

HAPPY

HOLD / SQUEEZE

YOUR FAVORITE TOY