



Enlist the Help of the List!

Check out this list of ideas for some fast and easy strategies to help keep kids calm.

- *Teach kids how to take calming breaths, and how to slowly exhale –by showing them how they can hold up their pointer finger and pretend they are blowing out a candle
- *Play with magnets on a cookie sheet
- *Move the furniture and give them room to move!
- *Build a fort with blankets or cardboard boxes
- *Turn up the music and sing and dance!
- *Make lemonade (with real lemons, water and sugar)
- *Bake
- *Stir
- *Walk slowly
- *Skip, hop, jump
- *Put up bird feeders and watch the birds

- *Give kids a job to do (for example, at the grocery store —have kids hold the coupons, pick out the apples, look for the “red box” of crackers, etc.)
- *Take a bubble bath and give them a can of (non-menthol) shaving cream to “paint” with in the tub
- *Jump on the bed
- *Go skating, skiing, sledding
- *Build a snow person
- *Plant seeds, watch them grow
- *Get a goldfish, watch it eat and swim
- *Braid hair
- *Create a Happiness Jar (put notes that say what you are happy about in the jar)
- *Create a family or classroom song
- *Narrate what you see on a nature walk

- *Add food coloring to a bath—and take a blue bath, or a red bath, etc., have kids wash dishes at the sink or in a bucket, put water in a spray bottle and let them “wash the windows”
- *Cuddle
- *Take a nap
- *Read books
- *Wiggle your toes
- *Paint your nails
- *Call Grandma and Grandpa
- *Go outside
- *Scoop up snow in a bucket and bring it inside (paint it, play with it, time how long it takes to melt...)
- *Paint the snow (food coloring and water in spray bottles)
- *Hold hands
- *Do Jumping Jacks, sit ups, push ups—have a competition
- *Bounce balls

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