

Calm Toolkit

FOR KIDS



Try Balloon Breaths

Breathe in through your nose, then blow out slowly like you're inflating a balloon.

I Can Feel...



Point to how you're feeling. All feelings are OK.

Use a Cozy Den



Make a safe space with pillows and blankets where you can hide for a while



Try a Calm Box

Fill a box with things that help you calm down (books, fidgets, colouring)



Visualise Calm

Close your eyes and imagine your favourite peaceful place

Stretch & Shake



Shake your hands, roll your shoulders, and stretch out your arms