

Calming Strategies for Adults



do deep breathing



name your feelings



listen to music



listen to nature sounds



hold your pet



call a friend



lay down with eyes closed



look at photos



do tapping



doodle



knit or crochet



journal



apply calming oils



make a cup of tea



give someone a hug



say an affirmation



take a brisk walk



read a poem



take a warm bath



watch an uplifting video



visualize your fave place



dance to fave song



hold an ice cube



do a few yoga poses

Talk to your school support staff for more ideas!