

Calming Strategies

E	D	K	S	X	F	V	Y	H	W	L	A	V	A	L	A	M	P	K	D	R	T	V	M
N	C	D	P	Q	H	L	I	T	I	S	T	E	P	P	U	P	W	O	D	A	H	S	U
D	F	I	D	A	E	R	F	U	R	X	C	T	S	I	K	Q	K	L	A	T	C	U	S
O	C	O	L	O	R	D	E	W	X	I	Y	S	C	A	C	L	V	F	D	F	J	X	I
O	K	M	S	C	T	Y	L	Z	X	I	C	E	E	W	T	U	C	Y	B	F	V	V	C
D	X	G	L	M	O	N	E	F	N	D	F	V	N	H	R	R	H	T	C	C	M	B	X
L	J	Y	I	E	J	P	N	E	C	N	A	D	T	M	P	E	E	G	S	D	Q	J	D
E	V	O	O	J	L	E	N	D	Y	R	P	E	E	B	Q	W	W	A	L	X	D	Z	J
S	H	K	L	J	J	E	U	E	O	M	N	T	D	F	Y	O	T	B	I	I	U	O	M
V	O	Q	A	T	Y	I	T	D	G	Q	V	H	L	B	Z	H	O	K	P	S	N	F	F
L	P	L	I	M	S	S	Y	E	J	H	J	G	O	W	H	S	Y	W	A	R	D	I	F
S	S	C	T	J	Q	H	R	E	Z	P	T	I	T	D	F	M	T	L	R	D	Q	D	P
M	C	Y	N	X	K	E	O	P	F	M	A	E	I	D	N	R	B	F	W	A	A	G	I
B	O	N	E	K	S	M	S	B	D	L	K	W	O	C	U	A	X	U	E	I	G	E	K
E	T	S	S	O	E	I	N	R	D	Y	E	F	N	Y	R	W	E	D	L	M	O	T	S
C	C	T	S	K	L	L	E	E	K	J	A	W	K	O	F	T	D	Q	B	J	Y	S	Q
A	H	R	E	H	B	S	S	A	E	D	B	I	S	R	O	P	X	F	B	U	Z	P	X
L	A	E	X	N	B	K	V	T	G	C	R	D	U	R	G	A	H	H	U	V	P	I	U
P	P	T	D	A	U	E	V	H	A	H	E	N	H	A	C	I	L	K	B	V	A	N	U
T	L	C	Y	U	B	Y	M	I	S	E	A	Y	Y	O	R	N	H	G	S	L	H	N	N
E	E	H	E	H	W	K	Q	N	S	W	K	E	S	H	V	T	Y	B	G	H	U	E	Z
I	G	G	W	F	O	S	Z	G	A	G	D	G	B	O	D	Y	S	O	C	K	G	R	M
U	T	Y	U	O	L	A	A	S	M	U	G	M	W	T	Z	P	R	Z	J	U	R	Z	D
Q	I	N	D	O	B	O	A	U	E	M	A	S	Z	A	L	L	O	V	G	J	C	N	M

Deep breathing
Sensory tunnel
Take a break
Body sock
Chew toy
Color
Slime
Yoga

Essential oils
Shadow puppets
Bubble wrap
Hopscotch
Massage
Dance
Draw
Hug

Fidget spinner
Weighted vest
Quiet place
Lava lamp
Stretch
Music
Read
Run

Scented lotion
Blow bubbles
Warm shower
Chew gum
Doodle
Paint
Skip