

We all feel stressed, worried and overwhelmed sometimes, but there are things that you can do to make yourself feel a little calmer!

CALM DOWN BOX

Objective

It will probably come as no surprise to you that life can be pretty hectic!

There are lots of reasons that we can sometimes feel stressed and overwhelmed and like things in our world are spiraling a bit out of control.

This activity is designed to help you to create a toolkit of things that you can use when you are feeling angry, upset, stressed or worried to help you calm down and take control.

Key Outcome

Your child will create a toolkit of calming items and strategies to pull out when they're feeling overwhelmed by big emotions.

Materials

- Paper
- Colorful markers
- Items for your Calm Down Kit
- Basket, box, or bag to put your items in

Instructions

1. Parents, start off by sharing some of the things that are helpful for you when you are feeling a bit stressed out or worried. What do you do to try and calm yourself down, make yourself feel a bit better and to stop yourself from getting bogged down with worries?

2. Brainstorm a list of things that you could put in your very own Calm Down Kit. Think about this: "I feel calm when I am..." What are you doing? Are you drawing? Are you playing basketball? Are you outside with your dog? Write all your ideas down.
3. Using a box, basket, or bag, label it: [Insert your name]'s CALM DOWN KIT. Fill it with a few of the items you thought of and put it in a special place. Could it go under your bed? Or in your draw? Or maybe you want to keep it in a top-secret spot?
4. When those big feelings starting to bubble up, pull out your Calm Down Kit and give one of your strategies a try.

Need a few suggestions? No problem. Here are a few ideas to get you thinking about what could go in your Calm Down Kit:

- Stress ball or squishy toy
- Drink bottle
- Fidget spinner or fidget toy
- Deflated balloon (blowing up a balloon helps with breathing)
- Bubble wrap for popping
- Bubble mixture for blowing bubbles
- Colouring pages and markers
- Glitter jar
- Musical instrument



Download from
Dreamstime.com

This watermarked comp image is for previewing purposes only.



ID 112670925

© Vectorlatu | Dreamstime.com