

# Things I can do when I need to

# CALM DOWN



SAY HOW  
I FEEL



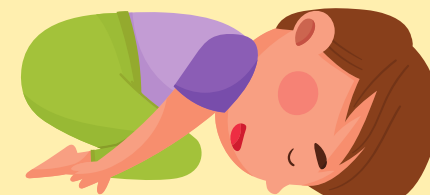
TAKE DEEP  
BREATHS



WRITE A  
LETTER



IMAGINE A  
SAFE PLACE



SIT IN  
CHILD'S POSE



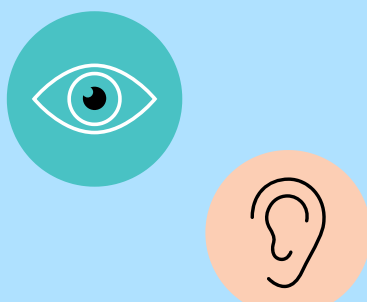
HAVE A DRINK  
OF WATER



TAKE A WARM  
BATH



GO FOR A RUN



TRY THE 5-4-  
3-2-1  
GROUNDING  
TOOL



ASK FOR A  
HUG



PAINT OR  
COLOUR



BLOW BUBBLES  
SLOWLY



SMELL  
SOMETHING  
I LIKE



SQUEEZE A  
SOFT TOY



LISTEN TO  
CALMING  
MUSIC

100

99

98

COUNT  
BACKWARDS



SPEND TIME  
IN NATURE



PRESS HANDS  
TOGETHER,  
THEN RELAX



WATCH  
SOMETHING  
CALM



USE NOISE-  
CANCELLING  
HEADPHONES



PLAY WITH  
MY PET



CUDDLE MY  
SOFT TOY



WRAP MYSELF  
IN A BLANKET



FEEL MY  
HEARTBEAT

More things I can do when I need to

# CALM DOWN



READ A BOOK



STRETCH MY  
BODY



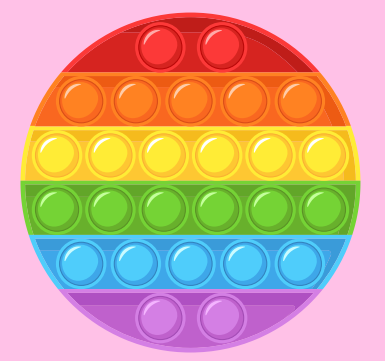
BOUNCE A  
BALL



BUILD  
SOMETHING



LOOK UP AT  
THE STARS



USE A FIDGET  
TOY



JUMP UP AND  
DOWN



SING OR HUM



ASK SOMEONE  
FOR HELP



CLAP MY  
HANDS



LOOK AT  
HAPPY  
PHOTOS



DO A PUZZLE



DANCE TO  
MUSIC



PLAY WITH  
SLIME OR  
PUTTY



BLOW ON A  
PINWHEEL



WATCH THE  
CLOUDS



WHISPER  
CALMING  
WORDS



SIT  
SOMEWHERE  
QUIET



HOLD AN  
ICE CUBE



COUNT THE  
COLOURS  
I SEE



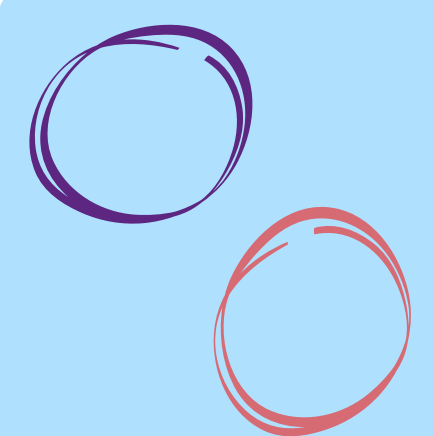
SAY  
SOMETHING  
KIND TO  
MYSELF



TAP MY  
FINGERS



BREATHE  
WITH A  
FEATHER



DRAW SLOW  
CIRCLES



SEE OUR WEBSITES FOR MORE **FREE** RESOURCES

**1** [WWW.SOCIALWORKERSTOOLBOX.COM](http://WWW.SOCIALWORKERSTOOLBOX.COM)



**2** [WWW.ANXIETYHELPBOX.COM](http://WWW.ANXIETYHELPBOX.COM)



**3** [WWW.FEELINGSHELPBOX.COM](http://WWW.FEELINGSHELPBOX.COM)



©EDITA STIBOROVA (2025) THIS DOCUMENT CAN BE USED AT NO CHARGE BY INDIVIDUALS AND NOT-FOR-PROFIT ORGANISATIONS FOR THEIR WORK WITH FAMILIES AND/OR TRAINING AS WELL AS UPLOADED TO OTHER WEBSITES PROVIDING THAT NO CHANGES ARE MADE TO ITS CONTENT.