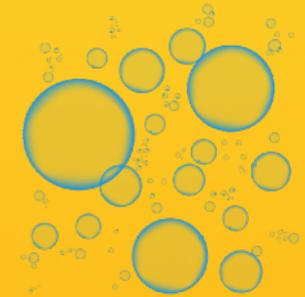




CALMING ACTIVITIES FOR CHILDREN

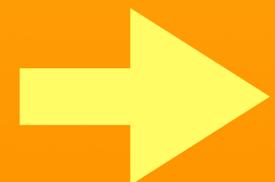


Ideas to keep you calm and relaxed in a complicated world



Erasmus+

STOP **T**AKE A BREATH **O**BERVE **P**ROCEED





Arguing with friends



Family problems



School



Health



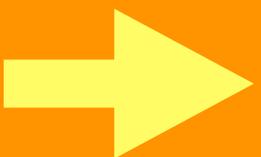
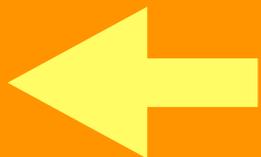
Bullying



Life can be complicated at times!

It is normal to sometimes get anxious, frustrated, worried or even angry.

It is important to learn how to cope with these feelings so that they don't make us unhappy and cause us problems in our daily lives.





This ebook has 14 techniques you can use to help you calm down when you start to feel anxious, worried, stressed, frustrated or angry.

Most of them are very quick and easy to do but will leave you feeling more relaxed and help you to get on with getting the most out of each day!

Just click or tap on one and give it a go!

KEEP CALM

TRY AN INVERSION

PAINT IT OUT

BLOW BUBBLES

DRINK WATER

VISUALISE A QUIET PLACE

TAKE A COLOURING BREAK

CHANGE THE SCENERY

WATCH FISH

BREATHE INTO YOUR BELLY

GO TO YOUR CALM DOWN PLACE

PUSH AGAINST A WALL

GO FOR A RUN

WALK IN NATURE

NAME YOUR EMOTION



TRY AN INVERSION

Getting your head below the level of your heart has been used for centuries as a way of relaxing or calming down.

Yoga poses use a lot of inversion. Some are more tricky than others but here are a few to get you started

DOWNWARD FACING DOG



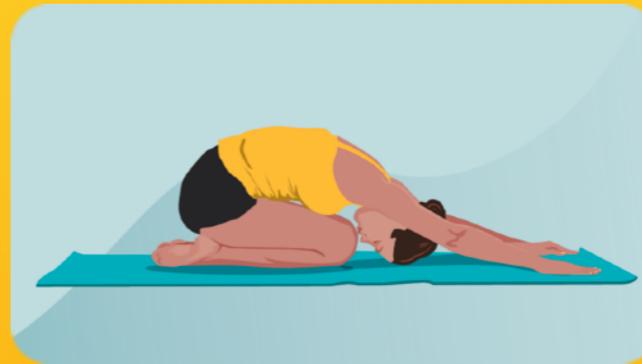
1. Start on all fours, meaning with your knees and hands on the ground.
2. Put your hands under your shoulders and your knees under your hips
3. Press down on your hands and straighten your legs to make an upside down 'V'
4. Hold for about 30-60 seconds

LEGS UP THE WALL



1. Start on all fours, meaning with your knees and hands on the ground.
2. Put your hands under your shoulders and your knees under your hips
3. Press down on your hands and straighten your legs to make an upside down 'V'
4. Hold for 30-60 seconds

CHILD POSE



1. Start on all fours.
2. Sit your hips back toward your heels and fold your chest over your knees, bringing your forehead to the floor.
3. Stretch your arms straight in front of you with your palms facing the floor.
4. Hold for 30-60 seconds.

FORWARD FOLD



1. Start standing with your feet slightly apart and your arms by your sides, then bring your arms straight up over your head.
2. Gently swing your arms down to the sides while bending at the hips.
3. Place the palms of your hands on the floor in front of your feet.
4. Hold for 30-60 seconds.

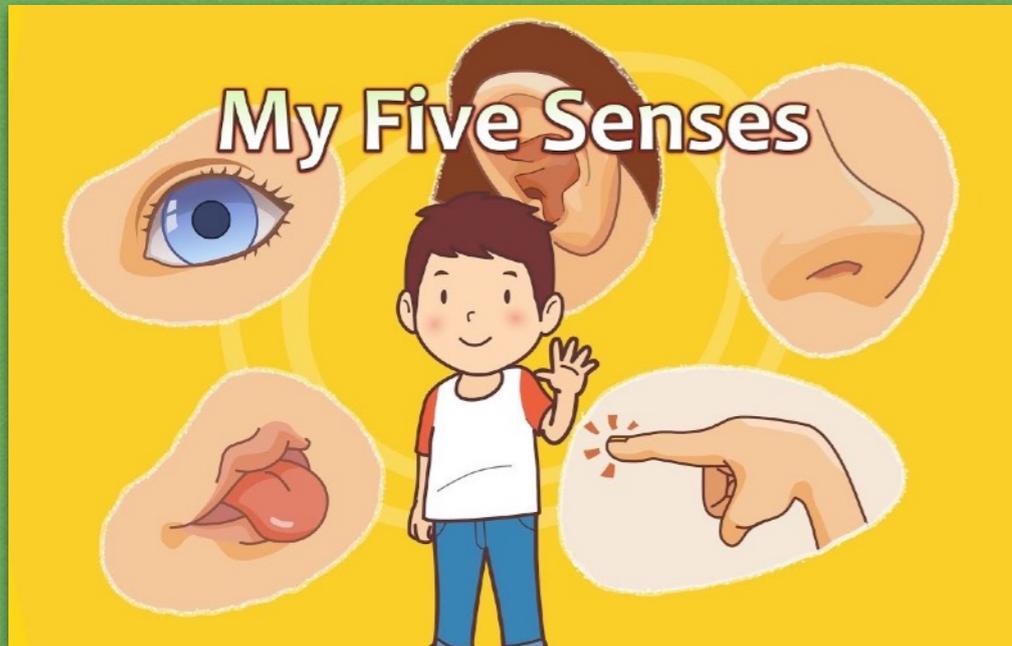
LEARN MORE ABOUT YOGA POSES



VISUALISE A QUIET PLACE

Visualisation is a way of imagining you are somewhere you would really like to be.

When you visualise being in a calm place it helps you to feel calm. Your quiet place could be somewhere you know or just in your imagination.



Use your senses to imagine how your place feels, sounds, smells and looks.

Relaxing music can often be very helpful when you are visualising.

TIPS

Make sure you are relaxed and comfortable.

Use all of your senses

Don't rush. Enjoy it!

Practice regularly and you will get better.



TRY THIS ONE OUT!



Try another

DRINK WATER

When we don't have enough water, we become dehydrated. This can cause us to have difficulty concentrating.



Better concentration
Healthier skin
Better digestion of food
More energy



Drink water regularly
Sip the water slowly

[LEARN MORE](#)



PUSH AGAINST A WALL

This is perfect for getting rid of stress, anxiety, or frustration without having to go outside or even leave the room.



1

Place both of your hands on the wall.

2

Push against the wall for ten seconds, count these out loud.

3

Imagine you can push the wall over if you try hard enough!

4

Repeat three times.

When you do this, your muscles contract and relax, releasing feel-good hormones into the body.



Try another

PAINT IT OUT

Painting lets you focus and be mindful. It is great for taking your mind off every day worries and frustrations. You don't have to be a budding Leonardo Da Vinci to really enjoy painting.

Paint a
portrait of
a pet

Pebble
painting

Blow
painting
with straws

Paint by
numbers

Paint a
landscape

Spin
Painting



Click or tap here to visit Tate Kids for some more great ideas and inspiration for your works of art!



BLOW BUBBLES

To blow really good bubbles we need to control our breath. This is a great activity for becoming aware of our breathing and calming us down



Make bubbles by running

Make different Sizes

Allow the wind to make the bubbles

Have fun chasing and popping them!

How many can you make with one breath?



Try another

CHANGE THE SCENERY

Sometimes our emotions get too big for us to handle. When we get like this it is sometimes better to take ourselves out of the situation that is causing the big emotions.



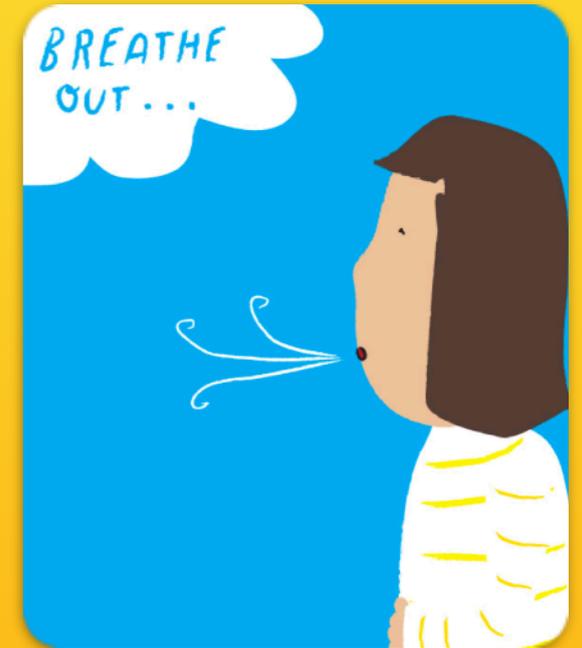
If you are indoors, try going outdoors for a bit.
Do you have a special place you like to go to?
When you change your scenery, do something relaxing and calming.

When we change our scenery, our mind gets a boost of energy as our senses are stimulated by the new surroundings.
Change the scenery and you will change the mood.



BREATHE INTO YOUR BELLY

Most of us breathe incorrectly, especially when we are stressed. Taking control of your breathing is a great way to calm down quickly.



Breathe in a fill your whole chest down to your belly

Hold the air for about 5 seconds

Breathe the air out slowly until it is all gone

Repeat this a few times until you feel relaxed



LEARN MORE

WATCH FISH

It is a fact that watching fish swim in a tank helps you to feel more relaxed. The bigger the tank the better the effect. If you haven't got an aquarium of your own or one you can visit, there are plenty online like this one.



Wear headphones to enjoy the relaxing music and really get the full effect!



Try another

TAKE A COLOURING BREAK

It doesn't matter what age you are, colouring is something that most people find calming and relaxing. Colouring also helps with concentration and focus and finely tunes your pencil skills.



Create your own colouring pattern by 'taking your pencil for a walk' on the paper

Print a colouring page from the internet. There are hundreds of sites

You can get many free colouring apps for phones tablets or computers

It's something the whole family can join in with.

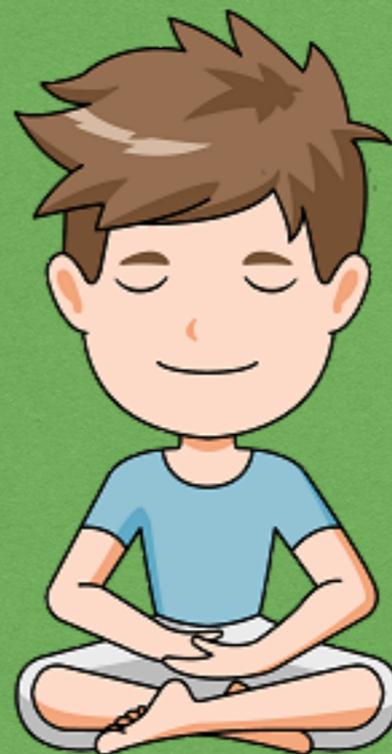
Tap or click here to find some great online colouring sites!



Try another

GO TO YOUR CALM DOWN SPACE

Do you have somewhere where you feel safe and calm? Somewhere you like to go and be alone for a bit to calm down?



It's a good idea to have somewhere you can go when your emotions get big. Somewhere that has the things you like to have around you and things you like to do to calm down.



GO FOR A RUN

Not only is going for a run good for your fitness, it is also good for your wellbeing. Going for a run or jog can calm you down and help you focus.



It's also been proven that the wellbeing effects of running can last for several hours afterwards.



WALK IN NATURE

A walk in the woods or the countryside can benefit you in lots of ways and can make you feel calm and relaxed.



NAME YOUR EMOTION

Giving a name to the way you are feeling can actually make them a lot less scary and easy to deal with. Once you get to describe how you are feeling and give it a name, it is easier to work out what to do to stop that feeling getting in your way.

jolly



happy



worried



excited



angry



grumpy



upset



embarrassed



tired



moody



cross



Try another



projectstop227



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