

# Calming Activities



There may be lots of questions going round and round in your head at the moment. Below are some calming activities to ease any worries you might have. It doesn't matter if you are a child or an adult, you can try these too.

## Read a book

Have a read of the book, 'Hey Warrior', by Karen Young and Norville Dovidonyte. If you don't want to buy the book, you can google it and there are various people reading it on YouTube.



## Decoupage:

decorate a box with little pictures with a little bit of water and glue.

## Collage:

have lots of little pictures, cut out and collage and create a picture with glue.



## Make a 'Mind Jar'

For this activity, you'll need:

- Small Jars or Plastic Water Bottles
- Glitter Glue
- Food Colouring
- Warm Water
- Glitter and/or sequins (optional)



## Happy Brain, Worry Brain Activity Colouring or Writing Activity



There are a variety of ways to conduct this activity, including pre-designed pintables you can download. To make it personalised, use a flashlight to project each child's profile on to a large piece of paper. Trace it twice, so that it looks like the silhouettes are facing each other in mirror image. Label one side "Happy Brain" and the other side "Worry Brain." Have kids write, collage or draw things that fit into each category. This activity allows students to identify their worries, and notice how much time they spend thinking about them. It's also a great way to help individuals develop coping skills by identifying what makes them happy.

# Blowing Bubbles!

To help children learn deep breathing techniques and experience the benefits, use bubbles! Deep breathing can be universally helpful for reducing anxiety. Demonstrate first and then have children use bubbles while focusing on how they breathe to create a big bubble. Remember to highlight how doing so impacts their body, and how it can train the body to feel relaxed (rather than worried or nervous.) Encourage children to practice their deep breathing skills – even when they don’t have the bubbles on hand!



## Blow Painting

Paint and straw art – use watery paint and put some blobs in the centre. Use a straw to blow the different coloured paint around to create patterns.



## Sensory Robots

Decorating robots in sensory bags: hair gel, buttons, googly eyes, marker pen, food bags (with a seal at the top)



## Create your own obstacle course, or exercise

course (stick signs on the wall, e.g. five star jumps, then they may have to hop to the next one which could be stand on one foot and touch your toes for ten seconds, then run to the garden and run round it twice, etc). Can be timed and they aim to beat their time with each try the next day.

If the kids need to burn off some energy, this could be an idea. Be sure to follow it up with a calming, activity, even if it's just mindful breathing.

