

# calming activities



Feeling anxious? Try one of these exercises to soothe your soul.

## Flower and Bubbles

Imagine you have a flower in one hand and a bubble wand in the other.

Breathe in slowly and deeply through your nose to smell the flower.

Breathe out slowly and gently through your mouth to blow bubbles.

Repeat 3–5 times.

## Send Good Thoughts

Think about someone you love. What's something really nice you could say to that person? Say it quietly in your mind, then take a long breath in and let it all the way out. (Adapted from Breathe like a Bear, by Kira Willey.)

## Give Yourself a Hug

Cross your arms across your chest and give yourself a big squeeze for 10 seconds. Relax and repeat 3 to 5 times.

## Exercise

Get moving! Exercise can help to calm the body and mind. Try stretching, dancing, jogging, jumping rope or walking.

## Quiet Retreat

Find a quiet spot with some comfy pillows and wrap up tight in a blanket or a sleeping bag. Listen to some quiet music or read a favorite book in your cozy nook.

## Play "I Spy"

Focus on describing soft, soothing shapes, colors, and objects nearby.