

# Calming Strategies



Adler School Social Worker, Theresa Williams

<https://www.youtube.com/watch?v=7zxBRBhxbNo>

# BELLY BREATHE



Listen to encouraging songs throughout the week



<https://www.youtube.com/watch?v=pWp6kkz-pnQ>



# Count to ten or less

<https://www.youtube.com/watch?v=fZ9WiuJPnNA>



<https://www.youtube.com/watch?v=0b-v-wMR69k&t=14s>



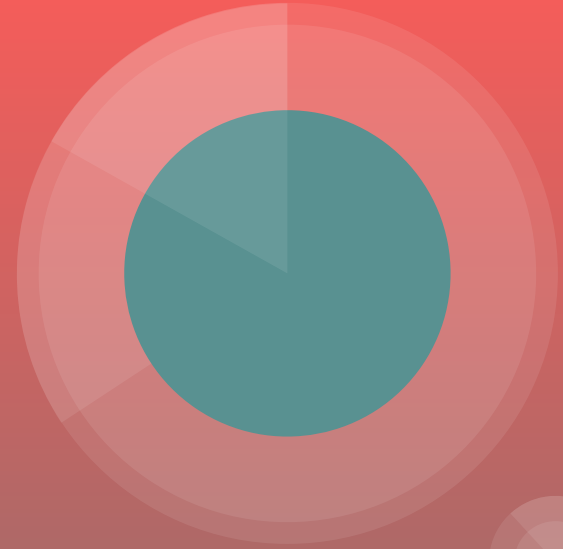
<https://southfieldlibrary.org/digital-library/>

***Read a book***

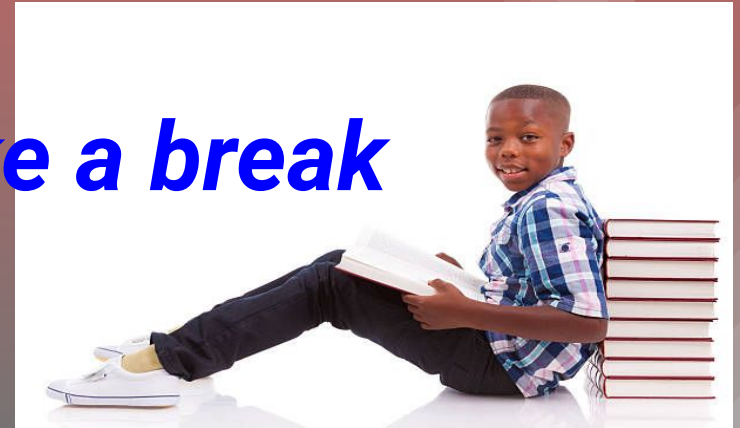


***Use your imagination***

<https://www.youtube.com/watch?v=t14sEYj8kAQ>



*Find time to relax **or take a break***





Think about positive memories





# Exercise

<https://www.youtube.com/watch?v=oWgTqLCLE8k>



Talk to your love ones





Look outside the window or step outside on the porch



***Draw a picture or write in a journal***



***Practice working on your favorite subjects like math, science, reading, or writing***



***Parents can find ways to relax as well***