

# Strategy

# Sticks



# Calming Strategies

# Directions:

To start, print all pages single sided. Laminate and cut each circle apart.

Group each calming strategy with its description.

Glue the calming strategy and the description to a popsicle stick making them back-to-back with the words facing outwards.

You should be able to put the popsicle sticks into a container allowing students to pull out one stick at a time.



**Stretch**  
 Step #1: Think about if it is a safe and appropriate time to use this calming strategy.  
 Step #2: Find a large open area where you have space to stretch.  
 Step #3: Stretch as desired.

**Shake It Out**  
 Step #1: Think about if it is a safe and appropriate time to use this calming strategy.  
 Step #2: Find an open space where wiggling will not disturb others.  
 Step #3: Shake and wiggle your worries away until your body and mind feel calm.

**Sing a Song**  


**Sing**  
 Step #1: Think about if it is a safe and appropriate time to use this calming strategy.  
 Step #2: Find a place you can sing without disturbing others. You may need to whisper sing or sing in your mind.  
 Step #3: Sing at a volume level appropriate for your situation.

**Trick Yourself into Smiling**  


**Smile**  
 Step #1: Did you know? Studies show smiling can trick your brain into feeling better.  
 Step #2: Put the biggest smile you can on your face.  
 Step #3: Think positive thoughts.  
 Step #4: Keep smiling until your mood is better.

**Squeeze a Stress Ball**  


**Stress Ball**  
 Step #1: Hold a stress ball in your hand.  
 Step #2: Squeeze the ball as tight as you can.

**Tear It Up**  
 Step #1: Think about if it is a safe and appropriate time to use this calming strategy.  
 Step #2: Find a few pieces of paper that are not being used and crumple them into shreds.  
 Step #3: Tear up any paper that has been made.

**Stretch**  


**Take a Breather**  


**Happy Place**  
  
 Step #1: Take a moment to think about what helps to calm you down.  
 Step #2: Do the activity that you think will help you to keep calm.  
 Step #3: If you cannot think of a calming strategy, pick again.

**Talk**  
 Step #1: Find a trusted friend or adult you feel comfortable talking to.  
 Step #2: Find a safe place you can talk in private.  
 Step #3: Talk about what you are thinking and feeling.

**Write and Draw**  


**Draw a Picture**  


**Happy Place**  


**Breathe**  
 Step #1: Take a deep breath inward, watching your belly get full.  
 Step #2: Hold the air, count to three.  
 Step #3: Blow the air outward, watching your belly deflate.  
 Step #4: Repeat.

**Write a letter**  


**Sing a Song**  


**Write a Letter**  
 Step #1: Find a blank piece of paper and a pencil/pen.  
 Step #2: Write yourself a letter. Allow yourself to freely write whatever comes to mind.  
 Step #3: Decide to keep your letter in a safe space to look back on, or tear your letter up and throw it away.

**Tear Up Blank Paper**  


Mrs. Bell  
 The CRAFTY Counselor  




Blow a Pinwheel



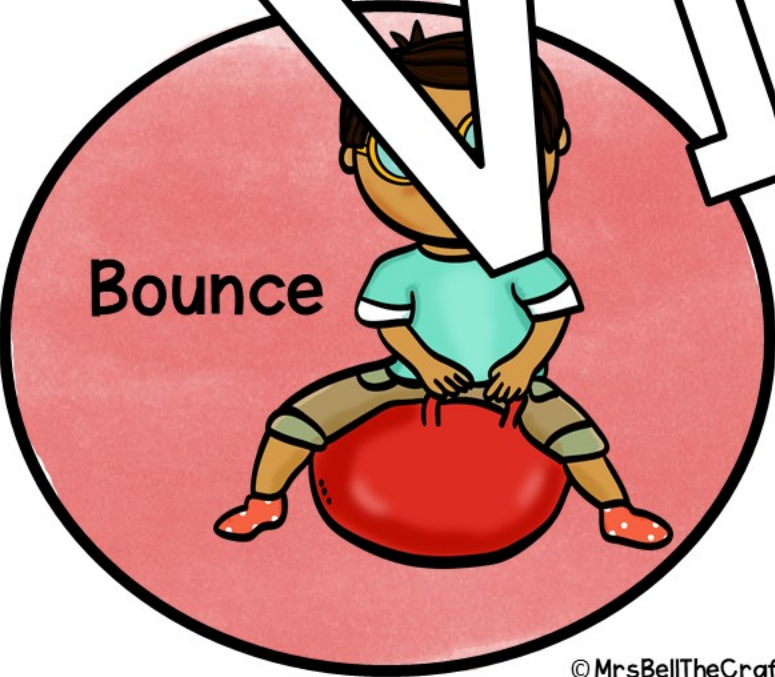
Blow Bubbles



Belly Breathing



Change Your Posture



Bounce



Mrs. Bell  
The CRAFTY Counselor

## Blow a Pinwheel

Step #1: Use either a real or an imagined pinwheel.

Step #2: Take a deep breath in. Let the air fill your tummy.

Step #3: Hold the air, count to three.

Step #4: Blow the air out letting your tummy deflate.

Step #5: Watch the pinwheel blowing in your hand.

## Blow Bubbles

Step #1: Open a container of bubbles or make a bubble/water mixture in a cup.

Step #2: Dip a bubble wand into the bubble mixture.

Step #3: Using slow deep breaths, blow the bubble wand to create bubbles.

Step #4: Repeat.

## Diaphragm Breathing

Step #1: Take a deep breath in. Let the air fill your tummy.

Step #2: Hold the air, count to three.

Step #3: Blow the air out letting your tummy deflate.

Step #4: Repeat.

## Change Your Seat

Step #1: Find a new flexible seating option.

Step #2: Assess the situation to see if you can be successful.

Step #3: If you are not successful in your first seat, try another until you find a comfortable seat.

## Bounce

Step #1: Find a bouncy ball and an open space where you can bounce or hop without interfering with others.

Step #2: Gently bounce on a bouncy ball. If there is not a bouncy ball available, hop on one foot.

Step #3: Repeat until calm.

## Dance

Step #1: Put on your favorite music or quietly sing your favorite song to yourself.

Step #2: Dance your heart out. Show off your best moves. Dance as if no one is watching. You have no worries.

Step #3: Repeat until calm.

Mrs. Bell  
The CRAFTY  
Counselor