**9 Calm Down Ideas for Kids**

**1. Go outside and kick a ball or run around:** the physical activity is a great outlet for overwhelming emotions and nature is a great healer.

**2. Punch a pillow:** a safe way to let off steam when managing angry or frustrated feelings.

**3. Listen to music or sing a song:** one for children who find music comforting.

**4. Close your eyes and think of a calm place:** a great relaxation tool for kids, this is one to practise with them at other times (before sleep is a great time) so that they can call on it when they are struggling with emotions.

**5. Draw a picture:** encourage your child to use their creativity to symbolically represent how they are feeling, “Do you want to draw me a picture of how you are feeling?”

**6. Write a letter or a story:** again, this technique provides your child with a creative outlet for their feelings – “Maybe you could write your brother a letter and tell him how you feel?” “Why don’t you write a story about what happened? You could even make up a new ending.”

**7. Read a book:** one for children who find reading provides a sense of relief from other pressures.

**8. Talk to someone:** I always call my husband or my mum when I am struggling with big emotions and your child might need that same exact support to process what they are feeling.

**9. Ask for a hug:** some children will find comfort in close physical contact when they are feeling overwhelmed.