

# 40 Ways to Find **CALM**

1. Take 5 deep breaths.
2. Count to 10.
3. Think of a happy place.
4. Listen to music.
5. Talk about it.
6. Think of a happy memory.
7. Read a book.
8. Do 10 jumping jacks.
9. Color or paint a picture.
10. Go outside.
11. Sing a song.
12. Drink a glass of water.
13. Name how you are feeling.
14. Ask for a hug.
15. Snuggle with a stuffed animal.
16. Take a walk.
17. Go on a 54321 scavenger hunt.
18. Give yourself a hug.
19. Squeeze a stress ball.
20. Blow bubbles.
21. Write in a journal.
22. Do a deep breathing exercise.
23. Eat a snack.
24. Run in place as fast as you can.
25. Name 5 favorite things.
26. Take a break.
27. Shake a glitter jar and watch it fall.
28. Go to a quiet place.
29. Take a bath or shower.
30. Go for a bike ride.
31. Do some stretching.
32. Sing the ABCs forward and backward.
33. Pet your pet.
34. Have a cozy drink.
35. Count as high as you can.
36. Do a puzzle.
37. Look up at the clouds.
38. Chew gum.
39. Cuddle up with a cozy blanket.
40. Turn off the lights.

Just remember, emotions are like waves  
- they come and they go.

