

Calming Card Activities

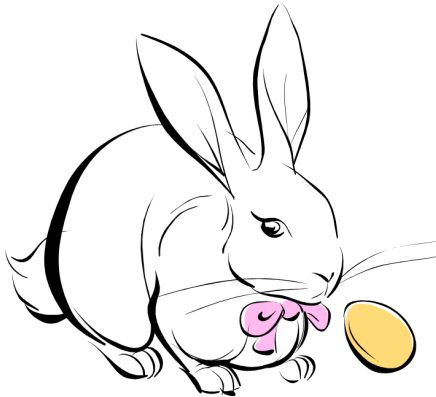
Try these calming strategies and visuals with toddlers.

Teach the strategies during a calm group time then suggest children use them when they are upset



Feathers:

- Collect different feathers. Feathers come in many colors and sizes so this can also be a fun activity for your child.
- Ask your child to choose one feather and hold it in her hand.
- Ask her to exhale slowly. Tell her that the feather should flutter as she breathes out.
- Repeat the exercise for five to 10 minutes or until your child feels relaxed.
- An alternative way to use feathers is to have your child pick a feather and place it on a flat surface (for example, a table). When she breathes out, the feather should move across the table.



Bunny Breathing:

- Have the children take three quick sniffs through the nose like a bunny (Extra hold your hands like a bunny would)
- Then one extended exhale out of the nose.
- This is a breathing activity can be very cleansing. Use it also when children are a little upset or are having trouble finding their breath.

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Hissing Snake Breath:

- Breathe in the nose, long deep inhale,
- Out the mouth on a hissing sound, slow and long.
- Extending the exhale will allow kids to slow down their inner speed. It's wonderful to connect kids to their exhale to help them learn to slow themselves down, mentally and physically.



Candle:

- Have children hold up one finger
- Take in a big breath
- Blow out one big long breath to blow out the candle
- Repeat as necessary to help calm