

## 9 CALM DOWN IDEAS FOR KIDS

1. Go outside and kick a ball or run around.
2. Punch a pillow.
3. Listen to music or sing a song.
4. Close your eyes and think of a calm place.
5. Draw a picture.
6. Write a letter or a story.
7. Read a book.
8. Talk to someone.
9. Ask for a hug.



Managing Big Emotions with Childhood 101

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# HELPING CHILDREN LEARN TO COPE

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