

## Things I can do to help myself feel calm

There are lots of things we can do when we feel big emotions. Here are some things to try when things become a little too much.

### Listen to calm music



Music can have a relaxing effect on your body and mind. Slow, calm music can quiet your mind and relax your muscles.

### Mindfulness colouring



Colouring has the ability to relax the fear centre of the brain, the amygdala. Colouring releases the 'good feel chemicals' in the brain, endorphins.

### Breathing exercises



When we feel big emotions our bodies go into flight, fright or freeze mode. When this happens our breathing can change. We take shallow, and quick breaths. Breathing exercises can help slow our breathing down and help calm your body and mind.

### Fiddle toys



Sometimes our bodies feel wiggly and it can be hard to sit still. Fiddle toys can help us to focus and listen.

### Yoga



Yoga is great! It is good for your whole body. It helps with your balance, strength and even your memory.

### Cuddling a soft toy



Sometimes cuddling or stroking your favourite soft toy can help you feel calm and safe.

### Play dough



It can feel good to knead, roll, squeeze and flatten play dough, when we are having a big feeling. It can help to relax and calm your body. Why not try and make your own! Here's a recipe:

2 Cups of Plain flour

2 Tablespoons Vegetable oil

½ Cup of Salt

Water to mix/food colouring

Method – Mix Flour and salt together. Stir in vegetable oil. Mix your

chosen food colouring with water. Gradually add the water to the flour

and salt, until you have a dough like consistency. Take out the bowl

and knead well.

