






The background is a rich, textured watercolor wash in shades of purple and pink. A prominent, thick white brushstroke runs horizontally across the middle of the image, creating a bright, irregular band. The watercolor colors bleed into each other, with some darker purple areas and lighter pink areas, giving it a soft, artistic feel. The white stroke has some darker purple edges where it meets the background, suggesting it was painted over the watercolor.

# **Newtown Elementary Calming Strategies**

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## 5 Point Scale Check-In – How are you feeling?

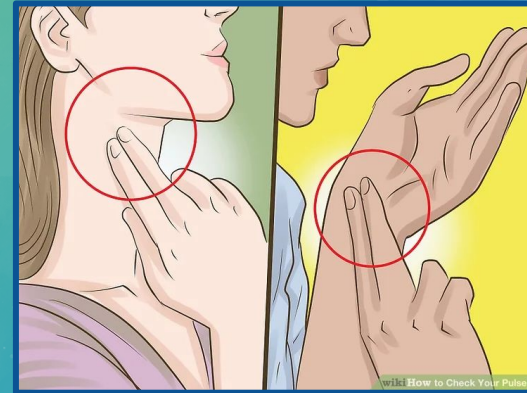
| How do I feel?  |                   |   |
|---|-------------------|---|
| 5<br>  | <b>SUPER MAD</b>  | -Screaming<br>-Yelling<br>-Crying<br>-Throwing Things   |
| 4<br>  | <b>FRUSTRATED</b> | -Face gets hot<br>-Saying mean things<br>-Taking things from people<br>-Brain tells you to do things that will get you in trouble |
| 3<br>  | <b>UPSET</b>      | -A little scared<br>-Bothered/annoyed<br>-Stomach hurts<br>-Repeating words<br>-Don't want to talk about it                       |
| 2<br>  | <b>CALM</b>       | -I will try to do it<br>-I will listen<br>-When I am done I will feel good about it<br>-I can breathe                             |
| 1<br> | <b>HAPPY</b>      | -I can do this<br>-Peaceful<br>-Nothing is bothering you<br>-Interested<br>-Working hard  |



# Checking Your Pulse

Why? Any negative feelings can cause our heart rate to increase. It is often helpful for children to see their heart rate before and after a breathing or calming activity. This helps them realize that they have some control over their ability to cope with feelings through self-soothing activities.

- Find your pulse either on your wrist or neck. Place your index and middle finger on the palm side of your wrist.
  - On your neck, the pulse is beneath the ear and jawbone.
- Count the number of beats in 15 seconds. Multiply this by four to get your pulse. ( $15 \times 4 = 60$ , because there are 60 seconds in one minute)

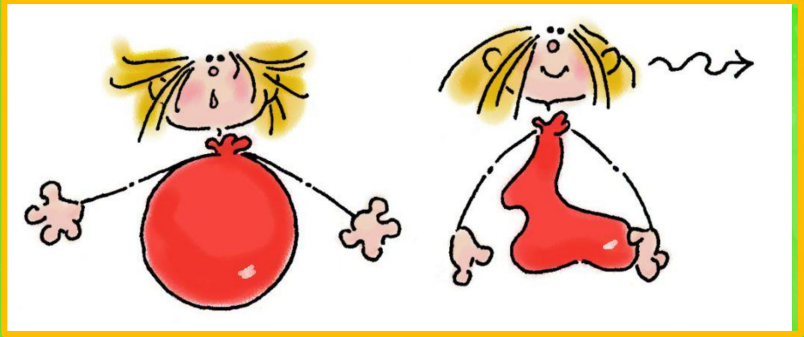


# Breathing Exercises

Try doing one of these breathing exercises for 1 minute.

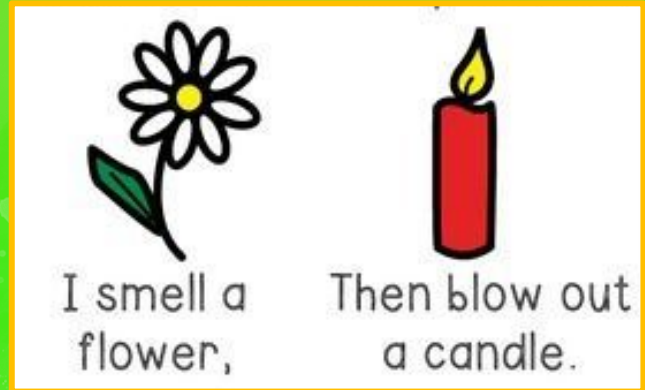
## BALLOON BELLY BREATHING

1. BREATH IN AND PUSH ALL THE AIR DOWN TO FILL UP THE BELLY BALLOON.
2. BREATH OUT AND LET THE BELLY BALLOON GET SMALL.



## FLOWER - CANDLE BREATHING

1. BREATH IN - SMELL THE FLOWER.
2. BREATH OUT - BLOW OUT THE CANDLES - SLOWLY.



FOR MORE IDEAS, CLICK: [BREATHING BREAKS](#)



# Brain Breaks - Calming

Try doing one of these brain breaks for a 3 minutes, before returning to work.

## OBJECT BLOWING BREAK

1. USE A STRAW TO BLOW A COTTON BALL THROUGH A MAZE.



## ORIGAMI

1. TAKE A MINUTE AND DO SOME ORIGAMI. YOU CAN GOOGLE IDEAS. VERY RELAXING AND A PERFECT BRAIN BREAK. TRY THE FROG TO THE RIGHT.



FOR MORE IDEAS, CLICK: [BRAIN BREAK IDEAS](#)






# Calming Activities

|   |                                |                                   |                                  |
|---|--------------------------------|-----------------------------------|----------------------------------|
| GET MOVING.  | TAKE A WALK                    | RIDE A BIKE                       | DANCE                            |
| LISTEN       | TURN ON YOUR FAVORITE PLAYLIST | SING A SONG                       | PLAY AN INSTRUMENT               |
| TOUCH        | USE A FIDGET TOY               | BUILD WITH LEGOS                  | PLAY WITH SAND, PUTTY OR PLAYDOH |
| READ         | READ TO YOURSELF               | READ TO A SIBLING OR PARENT.      | READ TO A PET OR STUFFED ANIMAL. |
| CREATE       | DRAW, COLOR OR PAINT           | BUILD A STRUCTURE OR MAKE A CRAFT | BAKE                             |
| ANIMAL      | SQUEEZE A STUFFED ANIMAL       | PLAY WITH YOUR PET                | LOOK AT PICTURES OF CUTE ANIMALS |



# 5 Point Scale - Check Out

Now, how do you feel?

| How do I feel?   |                   |  |
|--|-------------------|--|
| 5<br> | <b>SUPER MAD</b>  | <ul style="list-style-type: none"><li>-Screaming</li><li>-Yelling</li><li>-Crying</li><li>-Throwing Things</li></ul>   |
| 4<br> | <b>FRUSTRATED</b> | <ul style="list-style-type: none"><li>-Face gets hot</li><li>-Saying mean things</li><li>-Taking things from people</li><li>-Brain tells you to do things that will get you in trouble</li></ul> |
| 3<br> | <b>UPSET</b>      | <ul style="list-style-type: none"><li>-A little scared</li><li>-Bothered/annoyed</li><li>-Stomach hurts</li><li>-Repeating words</li><li>-Don't want to talk about it</li></ul>                  |
| 2<br> | <b>CALM</b>       | <ul style="list-style-type: none"><li>-I will try to do it</li><li>-I will listen</li><li>-When I am done I will feel good about it</li><li>-I can breathe</li></ul>                             |
| 1<br> | <b>HAPPY</b>      | <ul style="list-style-type: none"><li>-I can do this</li><li>-Peaceful</li><li>-Nothing is bothering you</li><li>-Interested</li><li>-Working hard</li></ul>                                     |

Credits:

Special thanks to all the people who made and released these awesome resources for free:



Presentation template by SlidesCarnival