

# Tool & Strategy Ideas

Try any of the following:

- Yoga
- Squeeze something (stuffed animal or pillow)
- Physical activity (running, bike riding, or dancing )
- Breathing activities (bubbles/pinwheel)
- Read a book
- Count your heartbeats
- Drink a glass of water
- Draw or color a picture
- Yell anger into a pillow
- Listen to music
- Jump and stretch
- Go outdoors
- Push palms together, hold, and then release
- Noise canceling headphones
- Rip and crumble pieces of paper
- Name 5 favorite things
- Squeeze your fists as hard as you can for 15 seconds
- Visualization a happy place
- Brain dump in a journal (older kids)
- Chew gum or have a peppermint (older kids)