

FEELING OVERWHELMED? HOLIDAY EDITION

TRY THIS



Take 5 deep belly breaths.
Do you feel better?

YES

Great! If you still feel a little overwhelmed, you can go here.

START HERE

Do you need to be alone?

YES

NO

NO

Find a friend or family member



CHOOSE ONE

Move

OR

Create

OR

Play outside



Play music and dance
OR
Kick a ball back and forth



Make art together
OR
Bake together



Play tag

OR

Pretend to be

Dragons

Wild animals

Spies

Not now

CHOOSE ONE

Quiet activity

OR

Movement

Can you go outside?

Yes!

CHOOSE ONE

Quiet activity

Movement

Punch a pillow

OR

Imaginary jump rope

Do you have lots of energy?

Practice yoga

OR

Practice slow motion karate

Do you still feel overwhelmed?

Play with a fidget toy while you listen

Lay back and watch the clouds

Build an obstacle course

TOOLS + ACTIVITIES FOR WHEN YOU FEEL OVERWHELMED

* HOLIDAY EDITION *

WHEN YOU WANT TO BE TOGETHER

Calm Down Tools:

- ★ Puzzles
- ★ Mini massager
- ★ Board or card games

Calming Activities:

- ★ Give hugs or massages
- ★ Take a walk together
- ★ Throw or kick a ball back and forth

WHEN YOU WANT TO BE STILL

Calm Down Tools:

- ★ Weighted or heated blanket
- ★ Noise-cancelling headphones
- ★ Sound machine

Calming Activities:

- ★ Make art
- ★ Read a book
- ★ Listen to a guided meditation

WHEN YOU WANT TO BE INSIDE

Calm Down Tools:

- ★ Essential oils + diffuser
- ★ MP3 player with peaceful music
- ★ Fidget toys

Calming Activities:

- ★ Chew on gum or hard candy
- ★ Build something
- ★ Solve a logic puzzle

WHEN YOU WANT TO BE ALONE

Calm Down Tools:

- ★ Blank books
- ★ Building toys
- ★ Stress ball

Calming Activities:

- ★ Listen to music
- ★ Write/draw in a journal
- ★ Color in a coloring book

WHEN YOU WANT TO MOVE

Calm Down Tools:

- ★ Skipping rope
- ★ Yoga cards
- ★ Mini trampoline

Calming Activities:

- ★ Put on music and dance
- ★ Punch a pillow
- ★ Practice yoga

WHEN YOU WANT TO BE OUTSIDE

Calm Down Tools:

- ★ Bubbles + wand
- ★ Swings
- ★ Balls to kick and throw

Calming Activities:

- ★ Play imagination games
- ★ Run + climb
- ★ Watch birds + wildlife