



# Calming Ideas for Children





## Stay Positive

Set aside time to watch funny stuff together. Laughter helps reduce anxiety



## Reduce Stimulation

It gives the brain a break if feeling overwhelmed



## Nature

Getting outside improves mood, encourages creativity and get children moving



## Get Creative

Being creative and doing crafts can be relaxing and calming



## Exercise

Burns off energy, is good for our body and brain

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## Sunlight

Helps our body make vitamin D which can make children feel happy and healthy



## Music

80bpm can be calming, help the body relax and improve sleep



## Sleep

Try to stick to a routine, it's essential for good health and the immune system



## Pets

Playing with pets can reduce anxiety and improve mood



## Breathing Exercises

There are free apps that teach children how to do this

**Childrens Mental Health Week**

**2023**