

Self-Calming Toolbox

Physical Outlets:

- Jumping
- Playing drums
- Riding a Bike
- Pushing the Trash to the end of the driveway
- Indoor exercise equipment
- Pushing/carrying items
- Swings

Self Stimulation:

- Fidget items/stress squishy balls
- Chewing gum
- Rocking in a rocking chair
- Deep pressure
- Palm squeezes
- Humming

Relaxation:

- Deep breathing
- Rocking in a rocking chair
- Meditation
- Going for a walk
- Listening to music
- Reading
-

Organizing Thoughts:

- Writing in a journal
- Coloring/drawing
- Cross word Puzzles
- Card games