

Calming Strategies



for Classrooms

Your monthly tips and tricks newsletter completed by your School Occupational Therapist (OT)!

Deep Breathing

Breathe, Breathe Slower,
Breathe Slower and Deeper

Why Take a Deep Breath?

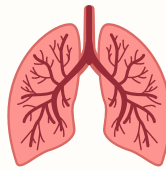
1. Slow heart rate
2. Bring self back to regulated state
3. Ground self

Types of Breathing

1. 5 finger breathing
2. Breath ball
3. Figure 8
4. Star or square
5. Belly breathing (with object)
6. Back to back

For more information about how to apply this to your student or child, contact your KidsAbility School OT

Calming Strategies



Take a Deep Breath



Count to 10



Take a Drink of Water



Listen to Calm Music



Play with Playdough



Draw or Colour



Go For a Walk



Read a Book

Use the Quiet Corner

Quiet Corner



A quiet space is a positive, comfortable, and calm space for children. These experiences provide opportunities to coach a child through emotion identification and develop coping strategies.

A quiet corner needs:

- Place to sit (rug, bean bag chair, etc.).
- Clear guide on how to identify emotions
- Schedule on how to use the space & when to return to a task
- Visual timer
- Breathing exercise
- Calm down kit (i.e. headphones, books, sensory tools/fidgets, colouring tools, "worry wiper", etc.)