

100 CALM DOWN TOOLS

Glitter Jars

I-Spy

Sensory Bottles

Mazes

Coloring Mandalas

Look and Find Books

Visual Schedules

Visual Timers

Hour Glass

Visual Calming Cards

Sunglasses

Spins

Jumps

Sit and Spin

Hanging Upside Down

Rolling into a Ball

Sensory Tunnels

Weighted Blankets

Resistance Bands

Weighted Vests

Body Socks

Kaleidoscope

Calming Music

Plastic Snow Globe

Finger Maze

Journal

Flashlight

Light Up Toys

Spinning Toys

Shadow Puppets

Pinwheels

Essential Oils

Scratch and Sniff

Noise Canceling Ear Muffs

Audiobooks

MP3 Players

Blowing Bubbles

Bubble Gum

Chewable Jewelry

Count to Ten

Blow out a Candle

Feather Blowing

Get a Hug

Push Against a Wall

Yoga Stretches

Drink Water

Take a Walk

Ask for a Break

Use Positive Affirmations

Drink Something Cold



Take a Bath with Epsom Salts

Rice Sensory Bins

Sand Trays

Hum a Song

Picture Your Happy Place

Defeat Thought Monsters

Belly Breaths

Square Breaths

Dragon Breaths

Star Breaths

Puffer Fish Breaths

Squish Box

Crash Pad

Squeeze a Pillow

Burrito Rolls

Joint Compressions

Play with a Pet

Push on a Wall

Turn Into a Pretzel

Look at a Photo Album

Hug a Stuffed Animal

Take a Shower

Think, Feel, Act

How do I feel Chart

Hiss Like a Snake



Sing the ABCs

Name Your Worries

Wheelbarrow Walks

Listen to a Rainstick

Suck on Ice

Brush Hair/Skin

Make Body Shapes

Bean Bag Games

Carry a Backpack

Bounce on a Ball

Build with Blocks

Do a Puzzle

Ride a Bike

Play an Instrument

Count Backwards

Drink a Smoothie

Silly Faces

Climb a Tree

Make Scented Jars

Wrap in a Blanket

Hand Fidgets

Stress Balls

Playdough

Silly Putty

Bubble Wrap

