

Name: _____



My Calming Strategies



For each of the calming strategies listed below, determine which ones help you and when they work for you:

Listening to music: _____

Focus on deep breathing: _____

Listening to music: _____

Counting: _____

Taking a time out/away: _____

Listening to music: _____

Exercise: _____

Read _____

Fidget Toy/Squeezy _____