

CALMING TECHNIQUES

Calming strategies using breath, mind and body.



LIFE LEADER



DEEP BELLY BREATHING:

Have students place a hand on their belly and chest, then take slow, deep breaths to make their belly rise and fall like a balloon.



"SMELL THE FLOWER, BLOW OUT THE CANDLE":

Guide students to breath in through their nose as if smelling a flower and then breath out through their mouth as if blowing out a candle.



GROUNDING

Instruct students to focus on their five senses, noticing one thing they can see, smell, taste, feel, and hear to bring them into the present moment.



VISUALIZATION

Guide students to close their eyes and imagine a calm, peaceful place, such as a beach or a meadow.



STRESS BALLS OR STUFFED ANIMALS

Encourage students to squeeze a stress ball or hold a comfort object like a stuffed animal or blanket to help ground them.



STRETCHING

Simple classroom stretches, like raising arms while breathing in and lowering them while breathing out, can help release tension.

Easy calming techniques for students include breathing exercises, such as "smelling a flower" and "blowing out a candle," using sensory tools like stress balls or a comfort object, engaging in mindfulness activities like focusing on one's senses or a calm place, and using movement like stretching, yoga, or a walk to release tension. Other options are creative outlets like drawing or listening to music, and changing the environment to a quiet space.



LIFE SCHOOL