

## CALM ACTIVITIES

These activities can help you to feel calmer by making you more aware of the present (not thinking about the past or the future). They encourage you to use your senses and to relax. These activities are based on the techniques of **mindfulness** and **grounding**. Being calm and still takes practise so try to be calm at least once a day.

### CLLOUD GAZING

On a warm day with sunshine and clouds, lie back on the grass or a blanket and make yourself comfortable. Take five deep breaths, look up to the sky and watch the clouds drift by.

What shapes do you notice?  
Can you spot any animals?



### WALKING BAREFOOT

Find somewhere safe to take your shoes off to walk, run and play.

*Grass, sand or even mud! It is good to feel the ground under our feet.*



### YOUR 5 SENSES

Take a minute to notice the world around you.

- 5 things you can see?
- 4 things you can feel?
- 3 things you can hear?
- 2 things you can smell?
- 1 thing you can taste?



### COLOURING & DOT-to-DOT

Colour your favourite pictures and complete simple dot-to-dots.



### FINGER BREATHING

Breathe in through your nose and out through your mouth. Slide your finger round your hand. Breathe in when you slide up. Breathe out when you slide down.



### MEDITATION FOR KIDS

Use Cosmic Kids:

<https://www.cosmickids.com/category/watch/page/3/>

Watch the videos labelled 'calm' e.g. the Peace Out series. These are guided relaxation and meditation videos for children.



### GLITTER JARS

Have a go at making sensory bottles together. This Youtube video shows you how to make sensory bottles to watch and focus on. A very simple jar can be made with just water, cooking oil and food colouring; then you can add glitter if you have it!

<https://www.youtube.com/watch?v=WKaQ292QMz4>



### CALMING SOUNDS

Listen to CBeebies - Calming Sounds for Bedtime. Gentle waves, rain drops and even a spaceship!

<https://www.bbc.co.uk/cbeebies/collections/radio-calming>



### SMELLS GOOD

Find something with a strong and pleasant smell e.g. lavender or orange peel (you may need to experiment here to find the right smell). Place it close to your nose. Try to concentrate on just the smell for a whole minute.



**Try to teach your body to be calm, quiet and still. What makes you feel calm?  
Do you have your own ways to feel calm?**

