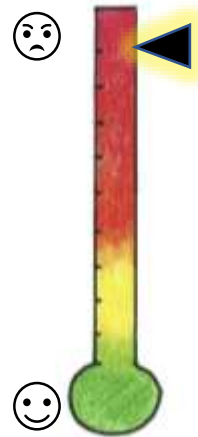


Calming Activities Library

By [Rachel Marie – Learning and Behaviour Consultant](#)



When we become “off balance” we often feel overwhelmed like we are “running hot” or out of control



In this “off balance” state we often choose to do activities that seem quick and easy:



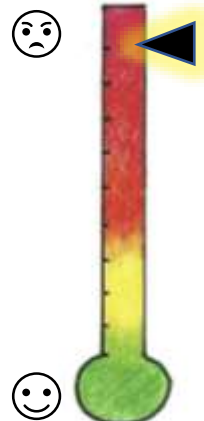
Unfortunately, these “**quick fixes**” are just a **short-term distraction**. When we’re finished these “easy” activities our **negative feelings come flooding back** - we haven’t “cooled down” or rebalanced, but instead have only avoided the negative things we were feeling.

Ineffective “Calming” Activities:

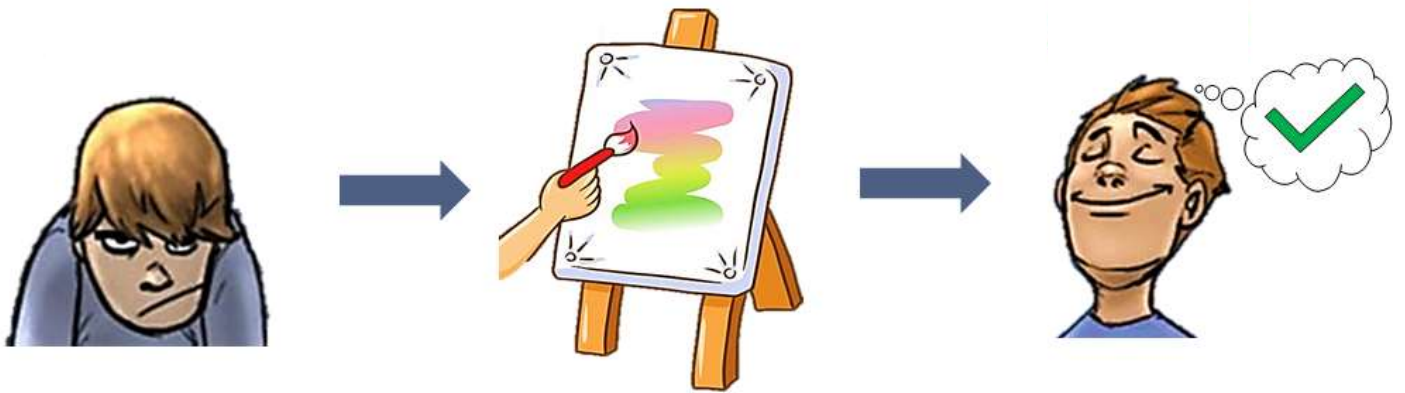
- Passive
- “Killing time”
- Distracting
- Avoiding



Stay in danger zone

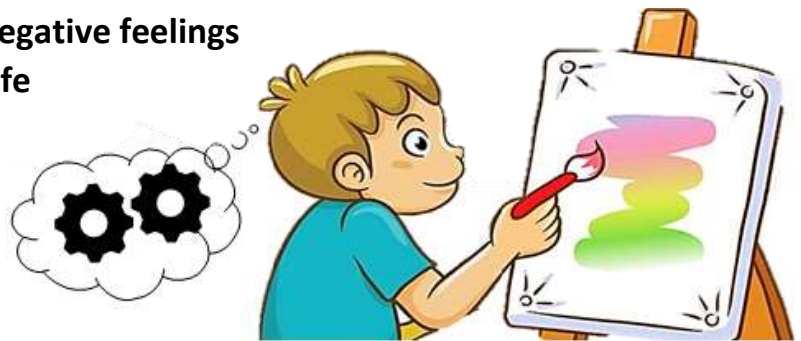


Positive and productive activities take more effort to start, but **are more effective**:



These activities help because they **actively engage us in creating or doing something positive**. When done, we have **produced or achieved something** (even if it's small) giving a **sense of accomplishment** which also helps cooldown, and feel refreshed and more positive

These activities also **help process our negative feelings** because the activity itself **provides a safe structured way to think about them** and problem solve.

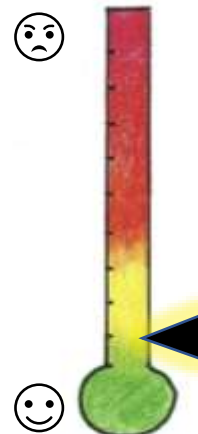


Effective Calming Activities:

- Active**
- Productive**
- Positive**
- Processing**

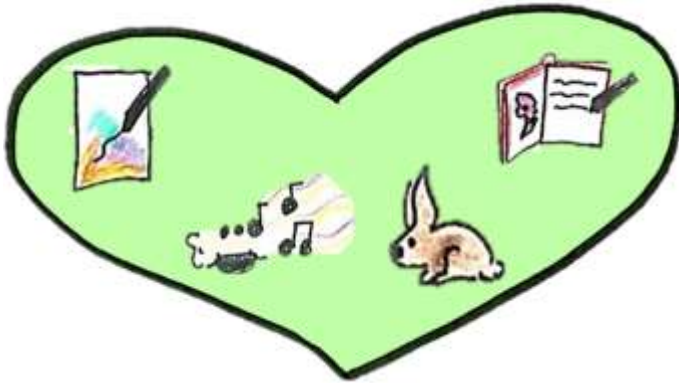


Helps Cool Down



Positive and Productive activities usually use / engage one of three “channels” our:

FEELINGS



BODY



MIND



Here is a collection of suggested calming activities for each of these “channels.” At the end of this document are suggested “next steps” for using these activities in your day-to-day life

For more suggestions on using calming activities check out our [Back in Balance Brochure](#)



Feelings



Art / Colouring



Writing /Journaling



DIYs / Crafts



Play an Instrument



Sing



Dance



Take Interesting Photos



Find a Gift for Someone



Animals (your pet, visit a Shelter/ Pet Store, cute video)

Mind



Read a book



Read a News Article



Documentary / Educational Videos



Board Games



Puzzles



Build something



Mazes



Word Games



Sudoku



Body



Sit in Nature



Go for a Walk



Exercise / Work Out



Tidy the House



Stretch



Bubble Bath



Bake



Gardening



Visit a Playground

Plan Ahead!

It's hard to remember what to do when you are feeling overwhelmed, but you can always plan ahead. Here are some simple steps to prepare for future times of being "off balance":



1. Print and Post Images:

Print off the library pages you just looked through. Put them up somewhere where you can easily see them like: your fridge, bedroom wall, calendar or your daily planner.

Next time you are overwhelmed, you will be able to look up, see them and pick a calming activity to do

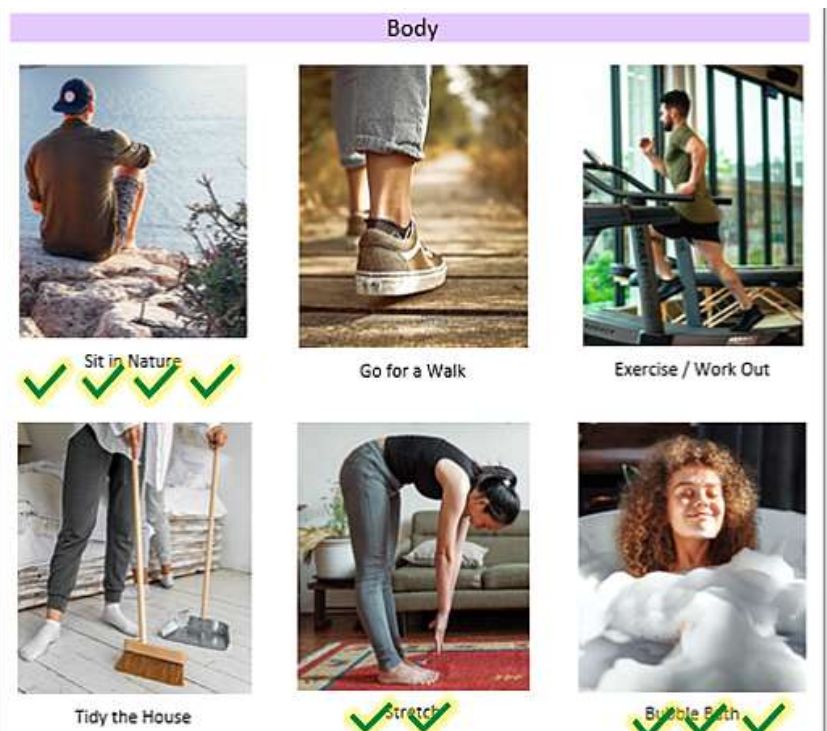
2. Keep Track of Which Activities Help:

Some activities will help you more than others. Your printed pages can help you figure this out.

When you do an activity and feel calmer afterwards, put a check mark underneath its picture on the printed sheet.

Over time you will be able to see which ones work best because they will have the most marks.

When overwhelmed you can quickly pick a good activity by choosing one with lots of check marks





3. Make a Calming Activity Basket

As you figure out which activities work for you, it's helpful to keep them all in one spot

Collect the supplies needed for your calming activities and put them all in a basket or bin

Next time you're overwhelmed, take out your bin and choose one of the activities / items inside. This is a quick and easy way to start doing something calming without much thinking or planning.

4. Plan Calming Activities in Your Day

When you find an activity that helps you feel calm, it is useful to put it into your daily plan as a regular activity

Some examples of how this might look are:

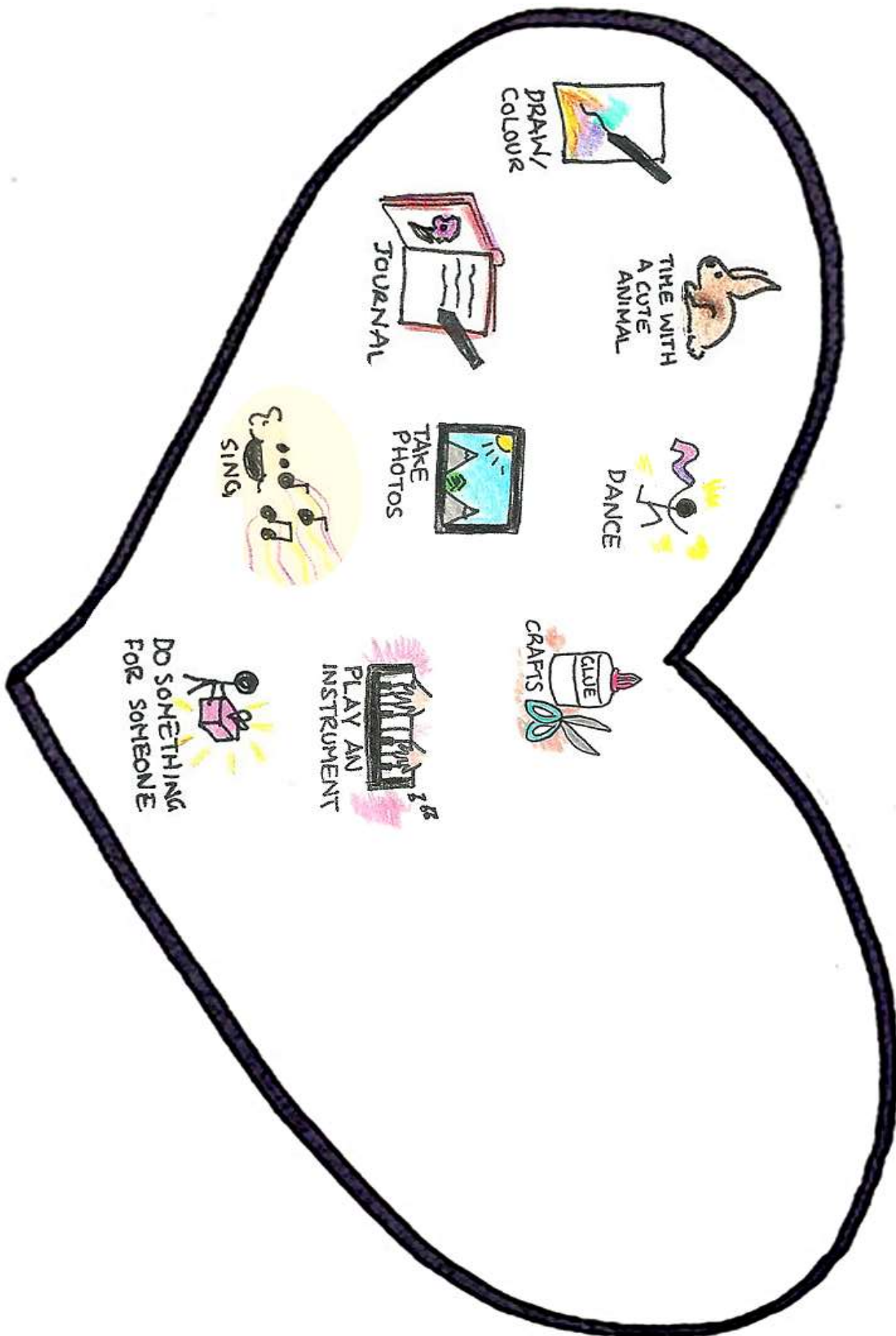
- A daily walk or run after lunch
- Doing puzzles on your break
- A daily bubble bath before bed
- Reading before bed
- Weekly "boardgame nights"

Planning these activities in your schedule can help you *stay* in a calm state and make it easier to recover from being overwhelmed.

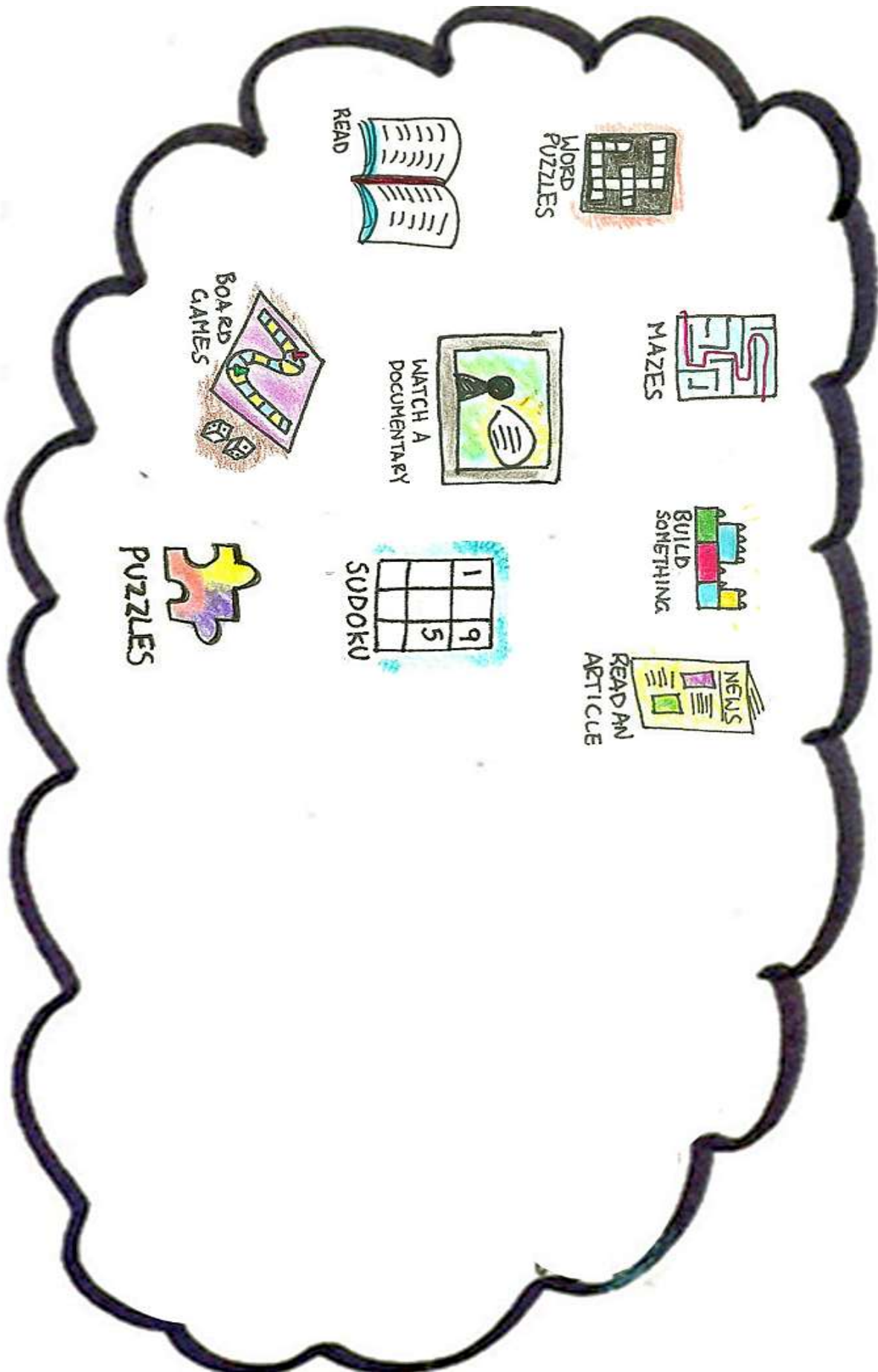


Below is a hand-drawn version of this activity library with some blank space for you to add other calming activities. If you like it more it will also work for the 4 steps listed above.

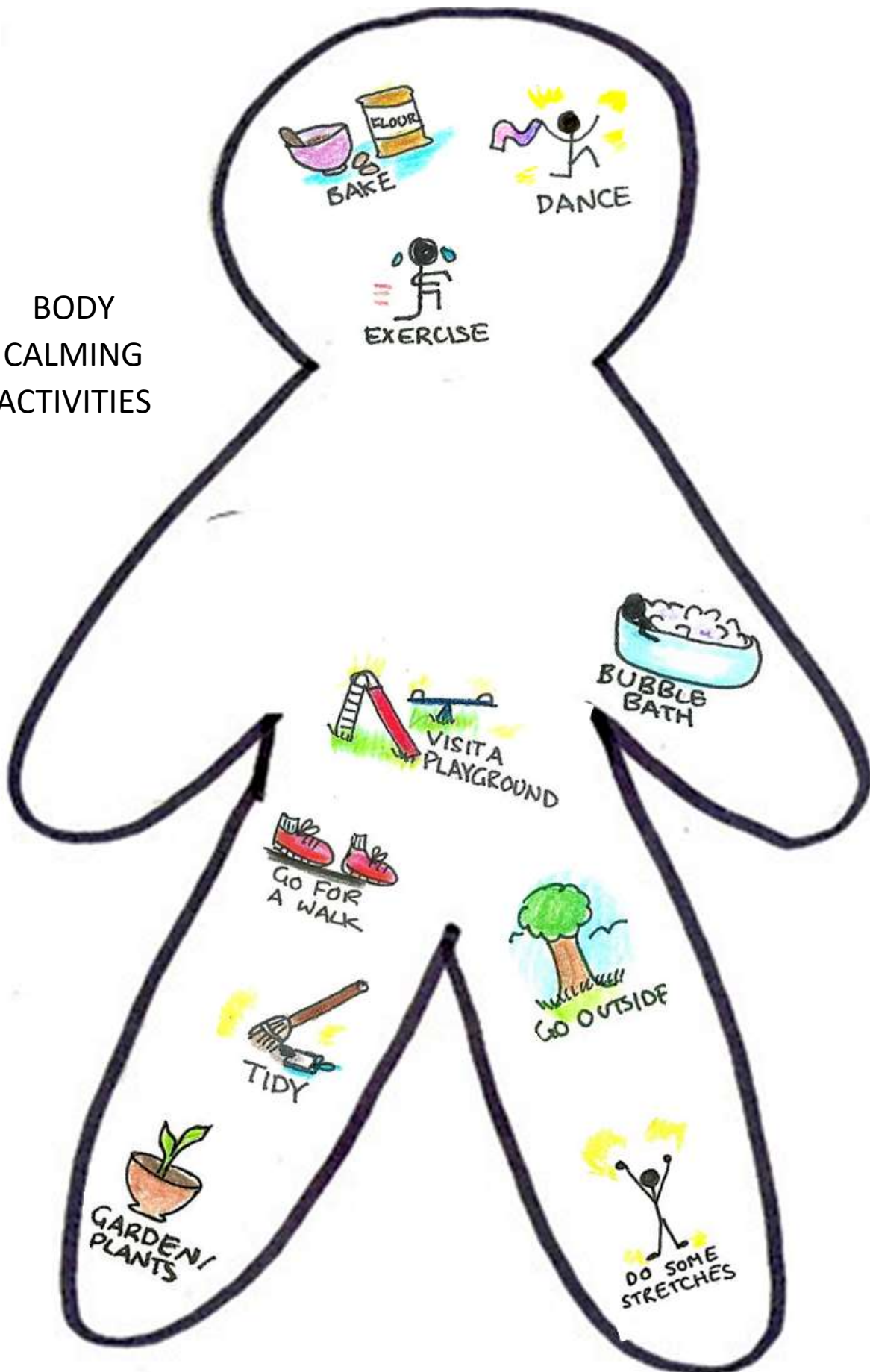
FEELING CALMING ACTIVITIES



MIND CALMING ACTIVITIES

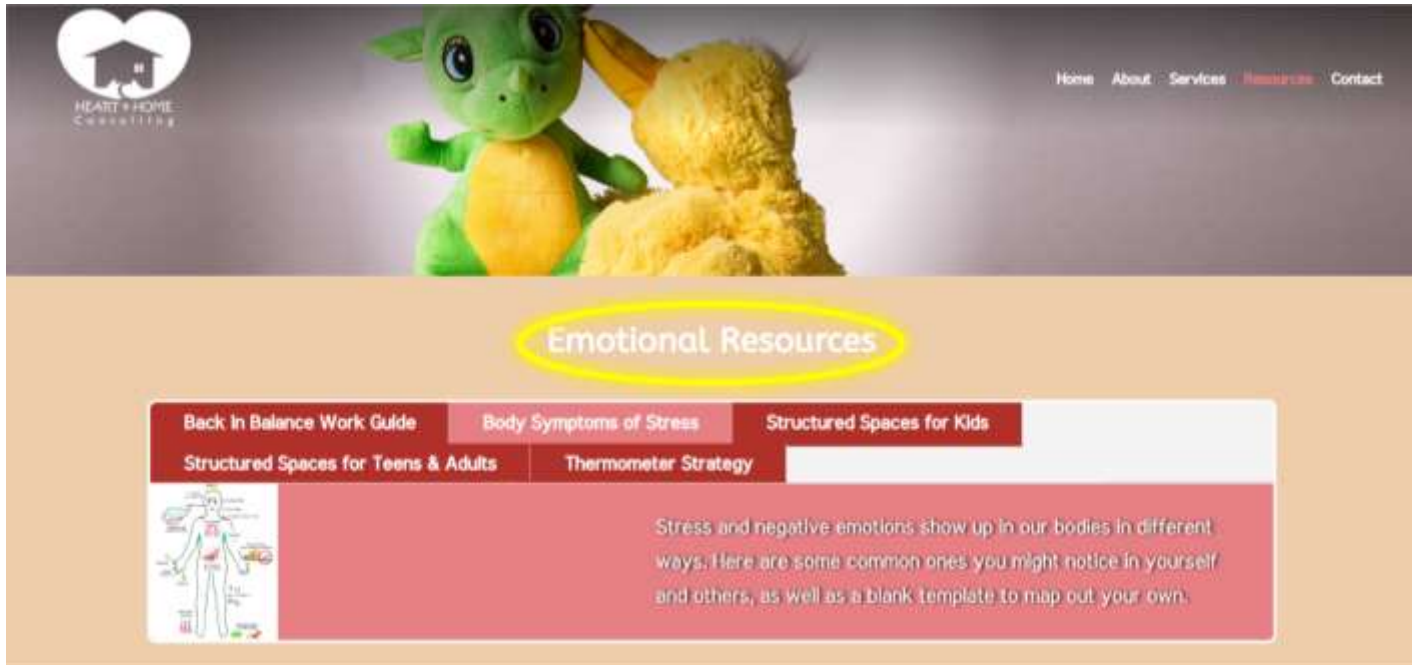


BODY
CALMING
ACTIVITIES



Want to Learn More?

Check out our [Resource](#) page to try some of our other Calming Tools resources



- For some additional info on Calming Activities: [Back in Balance Brochure](#)
- For other regulation strategies check out the: [Calming Objects Library](#)

Plus much more!

Got questions? Let us know www.heartandhomeconsulting.com/contact/