A PRACTICAL GUIDE FOR PARENTS, TEACHERS & CAREGIVERS

101 Calm Down Activities for Kids

Fun, Simple and Effective Ways to Help Children Manage Big Emotions, Anxiety and Stress

Includes 101 Activities

- Reduce Anxiety & Stress
- Build Emotional Resilience
- Encourage Calm, Focus & Self-Regulation
- Perfect for Parents, Teachers & Caregivers



Helping Kids Understand Big Feelings

Little Calm Club™

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Little Calm Club™

Helping Kids Understand Big Feelings

First Edition

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Made with care for children, parents, and caregivers everywhere.

101 Calm Down Activities for Kids

Fun, Simple and Effective Ways to Help Children Manage Big Emotions, Anxiety and Stress

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Introduction
Welcome!

Big feelings are a normal part of growing up.
Every child experiences moments of anger, frustration, worry, fear, sadness, and excitement. Sometimes these feelings can seem overwhelming, making it difficult to stay calm, focus, or make good choices.
The good news is that children can learn simple skills to manage their emotions in healthy ways.
This book was created to help children build confidence, emotional awareness, and self-regulation through fun, engaging, and easy-to-follow activities.
Inside, you'll discover breathing exercises, mindfulness games, movement activities, calming adventures, and bedtime relaxation techniques designed to help children feel more in control of their emotions.
Whether your child needs help calming down after a difficult moment, managing anxiety before a new experience, or simply learning healthy emotional habits, these activities can become valuable tools for everyday life.
There is no right or wrong way to use this book.
Children can explore the activities in order or jump directly to the ones that feel most helpful in the moment.
Remember: every feeling is welcome.
The goal is not to stop children from having big emotions, but to help them understand those emotions and respond to them with confidence and calm.
Let's begin the journey toward calmer minds, stronger emotional skills, and happier days.
With care,
Little Calm Club™

How to Use This Book

Every child experiences big emotions differently.

Some children become frustrated quickly. Others feel anxious in new situations. Some have difficulty calming down before bedtime, while others simply need healthy ways to release extra energy.

This book is designed to be flexible and easy to use.

You do not need to read it from beginning to end.

Instead, you can choose the activities that best match your child's needs at any given moment.

When Your Child Feels Angry

Try one of the breathing exercises or movement activities to help release strong emotions in a healthy way.

When Your Child Feels Anxious

Use the mindfulness adventures or calming breathing games to create a sense of safety and relaxation.

When Your Child Feels Frustrated

Choose a quick one-minute activity to help them pause, reset, and try again.

When Your Child Has Too Much Energy

Movement activities can help children release tension and refocus their attention.

Before Bedtime

The bedtime calm activities are designed to help children slow down, relax, and prepare for restful sleep.

A Helpful Reminder for Parents and Caregivers

Every child is unique.

Some activities may become favorites right away, while others may take time and practice.

The goal is not perfection.

The goal is to help children build healthy emotional habits, one small step at a time.

Celebrate progress, stay patient, and remember that every calm moment is a success worth celebrating.

Most importantly, have fun together and enjoy the journey toward calmer minds and happier days.

Understanding Big Feelings
What Are Big Feelings?

Big feelings are strong emotions that can sometimes feel overwhelming. Every child experiences them.
Sometimes you may feel happy and excited. Other times you may feel angry, worried, frustrated, scared, or sad.
All feelings are normal.
Feelings are your mind and body's way of telling you that something important is happening.
The good news is that feelings do not last forever.
Just like clouds in the sky, feelings come and go.
When children learn to understand their emotions, they become more confident, resilient, and better able to handle challenges.
Let's take a closer look at some common big feelings.

Anger

Anger often appears when something feels unfair, frustrating, or disappointing.
A child may feel angry when:

- They are told "no"
- A game does not go their way
- Someone takes their toy
- Things feel unfair

Signs of anger may include:

- Clenched fists
- A loud voice
- A tense body
- A fast heartbeat

Anger is not a bad feeling.
It is a signal that something feels wrong or upsetting.

Anxiety

Anxiety is the feeling of worry or nervousness.
Children may feel anxious when:

- Starting a new school
- Meeting new people
- Sleeping away from home
- Trying something unfamiliar

Signs of anxiety may include:

- A racing heart
- Restlessness
- Trouble focusing
- Feeling uneasy

Anxiety often becomes smaller when children learn calming strategies and breathing techniques.

Sadness

Sadness is a natural response to disappointment, loss, or hurt feelings.
Children may feel sad when:

- They miss someone they love
- A friendship changes
- Something important is lost
- Things do not go as expected

Signs of sadness may include:

- Crying
- Quietness
- Low energy
- Wanting comfort

It is okay to feel sad.
Talking about feelings and asking for support can help.

Fear

Fear helps keep us safe.
It alerts us when something feels dangerous or unfamiliar.
Children may feel afraid of:

- The dark
- Loud noises
- Being alone
- New experiences

Signs of fear may include:

- A fast heartbeat
- Shaking
- Sweaty hands
- Wanting to hide

Fear is normal and often becomes easier to manage with practice and support.

Frustration

Frustration happens when something feels difficult or does not go as planned.
Children may feel frustrated when:

- Learning a new skill
- Completing homework
- Solving a difficult problem
- Making mistakes

Signs of frustration may include:

- Giving up quickly
- Complaining
- Feeling irritated
- Losing patience

Frustration is often a sign that learning and growth are happening.

Remember

Every feeling is welcome.

There are no bad emotions.

The goal is not to make feelings disappear.

The goal is to understand them, manage them, and respond to them in healthy ways.

In the next section, you'll discover simple activities that can help children calm their minds, relax their bodies, and feel more in control of their emotions.

ACTIVITY 1

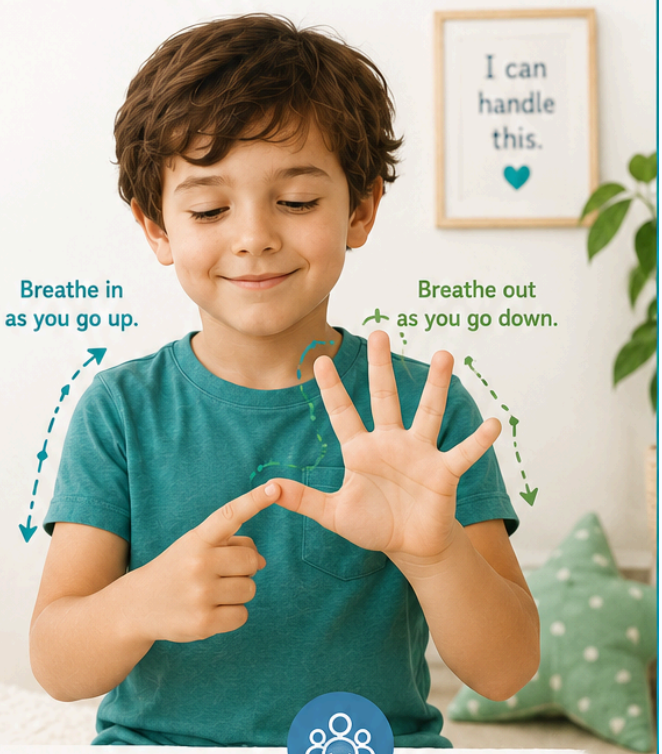
Finger Breathing

BEST FOR: ANXIETY, STRESS, AND FRUSTRATION

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Hold one hand out in front of you like a star.
2. Use the finger of your other hand to slowly trace around each finger.
3. As you move up a finger, breathe in slowly.
4. As you move down a finger, breathe out slowly.
5. Continue until all five fingers have been traced.



WHY IT WORKS

Finger breathing combines movement and deep breathing, helping children focus their attention and calm their nervous system.

PARENT TIP

Practice together and encourage slow, gentle breaths.

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PART 1

20 One-Minute Calm Activities

Activity 1

Finger Breathing

Best For: Anxiety, stress, and frustration

Time Needed: 1 minute

What To Do
Hold one hand out in front of you like a star.
Use the finger of your other hand to slowly trace around each finger.
As you move up a finger, breathe in slowly.
As you move down a finger, breathe out slowly.
Continue until all five fingers have been traced.

Why It Works
Finger breathing combines movement and deep breathing, helping children focus their attention and calm their nervous system.

Parent Tip
Practice together and encourage slow, gentle breaths.

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ACTIVITY 2

Balloon Belly

BEST FOR: ANGER AND ANXIETY

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Place your hands on your belly.
2. Pretend your belly is a balloon.
3. Breathe in slowly through your nose and imagine the balloon filling with air.
4. Breathe out slowly through your mouth and imagine the balloon getting smaller.
5. Repeat five times.



WHY IT WORKS

Deep belly breathing helps slow the heart rate and relax the body.

PARENT TIP

Ask children to imagine their favorite color filling the balloon.

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Activity 2

Balloon Belly

Best For: Anger and anxiety

Time Needed: 1 minute

What To Do

Place your hands on your belly.

Pretend your belly is a balloon.

Breathe in slowly through your nose and imagine the balloon filling with air.

Breathe out slowly through your mouth and imagine the balloon getting smaller.

Repeat five times.

Why It Works

Deep belly breathing helps slow the heart rate and relax the body.

Parent Tip

Ask children to imagine their favorite color filling the balloon.

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ACTIVITY 3

The Magic Pause

BEST FOR: FRUSTRATION AND IMPULSIVE REACTIONS

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. When a big feeling appears, stop what you're doing.
2. Take three slow breaths.



3. Count slowly from one to five.

1 2 3 4 5

4. Ask yourself: **"What is the best choice I can make right now?"**
5. Then continue your activity.



WHY IT WORKS

Pausing helps children create space between feelings and actions.

PARENT TIP

Use this activity whenever emotions start to rise before they become overwhelming.

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Activity 3

The Magic Pause

Best For: Frustration and impulsive reactions

Time Needed: 1 minute

What To Do

When a big feeling appears, stop what you're doing.

Take three slow breaths.

Count slowly from one to five.

Ask yourself:

"What is the best choice I can make right now?"

Then continue your activity.

Why It Works

Pausing helps children create space between feelings and actions.

Parent Tip

Use this activity whenever emotions start to rise before they become overwhelming.

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ACTIVITY 4

Starfish Calm

BEST FOR: ANXIETY, OVERWHELM, AND STRESS

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Open one hand wide like a starfish.
2. With the finger of your other hand, slowly trace around each finger.
3. As you move up a finger, take a slow breath in.
4. As you move down a finger, slowly breathe out.
5. Imagine each finger helping you become a little calmer.
6. Continue until you have traced all five fingers.





WHY IT WORKS

This activity combines breathing, touch, and focus, helping children slow down racing thoughts and calm their bodies.

PARENT TIP

Encourage children to imagine each finger holding a peaceful feeling such as kindness, courage, patience, love, or joy.

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Activity 4

Starfish Calm

Best For: Anxiety, overwhelm, and stress

Time Needed: 1 minute

What To Do

Open one hand wide like a starfish.

With the finger of your other hand, slowly trace around each finger.

As you move up a finger, take a slow breath in.

As you move down a finger, slowly breathe out.

Imagine each finger helping you become a little calmer.

Continue until you have traced all five fingers.

Why It Works

This activity combines breathing, touch, and focus, helping children slow down racing thoughts and calm their bodies.

Parent Tip

Encourage children to imagine each finger holding a peaceful feeling such as kindness, courage,

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ACTIVITY 5

Count Five Things

BEST FOR: ANXIETY, WORRY, AND OVERTHINKING

TIME NEEDED: 1 MINUTE

WHAT TO DO

Look around the room and slowly name:

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

Take your time and notice each one carefully.



WHY IT WORKS

This grounding exercise helps bring attention away from worries and back to the present moment.

PARENT TIP

Younger children can simply find five things of different colors around the room.

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Activity 5

Count Five Things

Best For: Anxiety, worry, and overthinking

Time Needed: 1 minute

What To Do

Look around the room and slowly name:

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

Take your time and notice each one carefully.

Why It Works

This grounding exercise helps bring attention away from worries and back to the present moment.

Parent Tip

Younger children can simply find five things of different colors around the room.

ACTIVITY 6

Rainbow Breaths

BEST FOR: STRESS, SADNESS, AND FRUSTRATION

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Imagine a beautiful rainbow in front of you.
2. As you breathe in, slowly trace the rainbow upward with your finger.
3. As you breathe out, trace the rainbow downward.
4. Imagine each breath adding a new colorful stripe to your rainbow.
5. Repeat several times.



WHY IT WORKS

Visualization combined with slow breathing helps calm emotions and improve focus.

PARENT TIP

Ask children to name their favorite color with each breath.

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Activity 6

Rainbow Breaths

Best For: Stress, sadness, and frustration

Time Needed: 1 minute

What To Do

Imagine a beautiful rainbow in front of you.

As you breathe in, slowly trace the rainbow upward with your finger.

As you breathe out, trace the rainbow downward.

Imagine each breath adding a new colorful stripe to your rainbow.

Repeat several times.

Why It Works

Visualization combined with slow breathing helps calm emotions and improve focus.

Parent Tip

Ask children to name their favorite color with each breath.

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ACTIVITY 7

Cloud Watching Mind

BEST FOR: WORRY AND BUSY THOUGHTS

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Close your eyes and imagine sitting in a grassy field.



2. Picture fluffy clouds floating slowly across the sky.



3. Each time a thought enters your mind, place it gently on a cloud and watch it float away.



4. Keep breathing slowly as the clouds drift by.



WHY IT WORKS

This mindfulness activity teaches children that thoughts come and go and do not need to control how they feel.

PARENT TIP

Remind children that there are no wrong thoughts—just clouds passing through the sky.

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Activity 7

Cloud Watching Mind

Best For: Worry and busy thoughts

Time Needed: 1 minute

What To Do

Close your eyes and imagine sitting in a grassy field.

Picture fluffy clouds floating slowly across the sky.

Each time a thought enters your mind, place it gently on a cloud and watch it float away.

Keep breathing slowly as the clouds drift by.

Why It Works

This mindfulness activity teaches children that thoughts come and go and do not need to control how they feel.

Parent Tip

Remind children that there are no wrong thoughts—just clouds passing through the sky.

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ACTIVITY 8

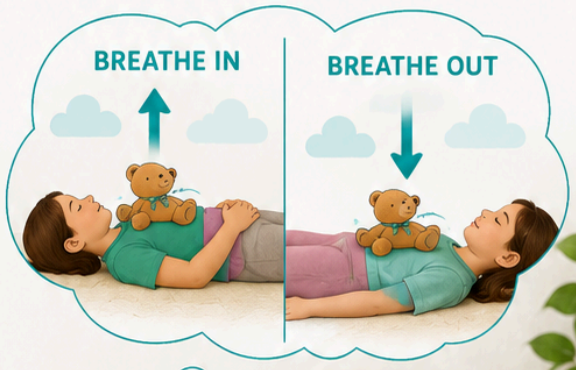
Teddy Bear Breathing

BEST FOR: BEDTIME, ANXIETY, AND RELAXATION

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Lie down comfortably and place a small teddy bear or stuffed animal on your belly.
2. Take a slow breath in and watch the teddy bear rise.
3. Breathe out slowly and watch the teddy bear fall.
4. Continue for several breaths.



WHY IT WORKS

Children can see their breathing, making it easier to practice deep, calming breaths.

PARENT TIP

This is especially effective before naps or bedtime.

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Activity 8

Teddy Bear Breathing

Best For: Bedtime, anxiety, and relaxation

Time Needed: 1 minute

What To Do

Lie down comfortably and place a small teddy bear or stuffed animal on your belly.

Take a slow breath in and watch the teddy bear rise.

Breathe out slowly and watch the teddy bear fall.

Continue for several breaths.

Why It Works

Children can see their breathing, making it easier to practice deep, calming breaths.

Parent Tip

This is especially effective before naps or bedtime.

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ACTIVITY 9

Butterfly Hug

BEST FOR: ANXIETY, FEAR, AND EMOTIONAL OVERWHELM

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Cross your arms over your chest.



2. Place your hands on your shoulders.



3. Slowly tap one shoulder and then the other, like butterfly wings gently flapping.



4. Take slow breaths while tapping.



5. Continue for one minute.



WHY IT WORKS

Rhythmic tapping can help children feel safe, calm, and grounded.

PARENT TIP

Encourage children to imagine colorful butterfly wings wrapping them in comfort and calm.

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Activity 9

Butterfly Hug

Best For: Anxiety, fear, and emotional overwhelm

Time Needed: 1 minute

What To Do

Cross your arms over your chest.

Place your hands on your shoulders.

Slowly tap one shoulder and then the other, like butterfly wings gently flapping.

Take slow breaths while tapping.

Continue for one minute.

Why It Works

Rhythmic tapping can help children feel safe, calm, and grounded.

Parent Tip

Encourage children to imagine colorful butterfly wings wrapping them in comfort and calm.

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ACTIVITY 10

Slow Motion Stretch

BEST FOR: RESTLESSNESS, STRESS, AND FRUSTRATION

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Pretend you are moving underwater.
2. Stretch your arms very slowly above your head.
3. Reach toward the sky.
4. Slowly bend to one side and then the other.
5. Move as slowly as possible.



WHY IT WORKS

Slow movement helps release tension while encouraging focus and body awareness.

PARENT TIP

Challenge children to move so slowly that they look like they're floating through space.

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Activity 10

Slow Motion Stretch

Best For: Restlessness, stress, and frustration

Time Needed: 1 minute

What To Do

Pretend you are moving underwater.

Stretch your arms very slowly above your head.

Reach toward the sky.

Slowly bend to one side and then the other.

Move as slowly as possible.

Why It Works

Slow movement helps release tension while encouraging focus and body awareness.

Parent Tip

Challenge children to move so slowly that they look like they're floating through space.

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ACTIVITY 11

Listening Ears

BEST FOR: ANXIETY AND OVERSTIMULATION

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Sit quietly and close your eyes.
2. Listen carefully.
3. Try to notice:
   - The **closest** sound
   - The **farthest** sound
   - The **quietest** sound
   - The **loudest** sound
4. Take slow breaths as you listen.





WHY IT WORKS

Focusing on sounds helps children shift attention away from stressful thoughts.

PARENT TIP

Turn it into a listening game and compare what each person hears.

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Activity 11

Listening Ears

Best For: Anxiety and overstimulation

Time Needed: 1 minute

What To Do

Sit quietly and close your eyes.

Listen carefully.

Try to notice:

- The closest sound
- The farthest sound
- The quietest sound
- The loudest sound

Take slow breaths as you listen.

Why It Works

Focusing on sounds helps children shift attention away from stressful thoughts.

Parent Tip

Turn it into a listening game and compare what each person hears.

ACTIVITY 12

Calm Counting

BEST FOR: FRUSTRATION AND ANGER

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Take a slow breath in.
2. Count to ten slowly.
3. Take another slow breath.
4. Count backward from ten to one.
5. Move slowly and calmly.



WHY IT WORKS

Counting creates a mental pause that helps children regain control of strong emotions.

PARENT TIP

Younger children can count to five instead of ten.

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Activity 12

Calm Counting

Best For: Frustration and anger

Time Needed: 1 minute

What To Do

Take a slow breath in.

Count to ten slowly.

Take another slow breath.

Count backward from ten to one.

Move slowly and calmly.

Why It Works

Counting creates a mental pause that helps children regain control of strong emotions.

Parent Tip

Younger children can count to five instead of ten.

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ACTIVITY 13

Peaceful Pebble

BEST FOR: ANXIETY AND WORRY

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Hold a small stone, pebble, or favorite object.
2. Feel its shape, texture, and temperature.
3. Notice every detail.
4. Focus only on the object and your breathing.



WHY IT WORKS

Touch-based focus helps calm busy minds and encourages mindfulness.

PARENT TIP

Create a special “calm stone” that children can keep nearby.

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Activity 13

Peaceful Pebble

Best For: Anxiety and worry

Time Needed: 1 minute

What To Do

Hold a small stone, pebble, or favorite object.

Feel its shape, texture, and temperature.

Notice every detail.

Focus only on the object and your breathing.

Why It Works

Touch-based focus helps calm busy minds and encourages mindfulness.

Parent Tip

Create a special "calm stone" that children can keep nearby.

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ACTIVITY 14

Quiet Hands

BEST FOR: IMPATIENCE AND RESTLESSNESS

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Place your hands gently in your lap.
2. Sit as still as possible.
3. Take slow breaths and notice how calm your hands feel.
4. Try to keep them completely still for one minute.



WHY IT WORKS

Stillness encourages self-control and body awareness.

PARENT TIP

Use a timer to make the challenge more fun.

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Activity 14

Quiet Hands

Best For: Impatience and restlessness

Time Needed: 1 minute

What To Do

Place your hands gently in your lap.

Sit as still as possible.

Take slow breaths and notice how calm your hands feel.

Try to keep them completely still for one minute.

Why It Works

Stillness encourages self-control and body awareness.

Parent Tip

Use a timer to make the challenge more fun.

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ACTIVITY 15

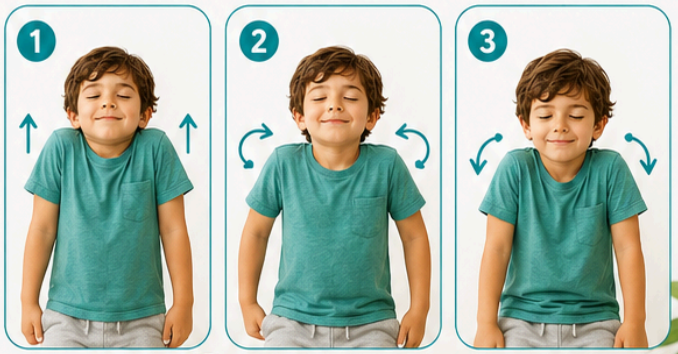
Gentle Shoulder Roll

BEST FOR: STRESS AND TENSION

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Lift your shoulders up toward your ears.
2. Roll them back slowly.
3. Then roll them forward slowly.
4. Repeat several times while breathing deeply.





WHY IT WORKS

Many children carry tension in their shoulders without realizing it.

PARENT TIP

Pretend you're melting like ice cream in the sun as your muscles relax.

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Activity 15

Gentle Shoulder Roll

Best For: Stress and tension

Time Needed: 1 minute

What To Do

Lift your shoulders up toward your ears.

Roll them back slowly.

Then roll them forward slowly.

Repeat several times while breathing deeply.

Why It Works

Many children carry tension in their shoulders without realizing it.

Parent Tip

Pretend you're melting like ice cream in the sun as your muscles relax.

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ACTIVITY 16

Bubble Breathing

BEST FOR: ANGER AND EXCITEMENT

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Pretend you are blowing a giant bubble.
2. Take a deep breath in.
3. Blow out very slowly so your imaginary bubble doesn't pop.
4. Repeat several times.



WHY IT WORKS

Slow exhalation signals the body to relax.

PARENT TIP

Real bubbles make this activity even more engaging.

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Activity 16

Bubble Breathing

Best For: Anger and excitement

Time Needed: 1 minute

What To Do

Pretend you are blowing a giant bubble.

Take a deep breath in.

Blow out very slowly so your imaginary bubble doesn't pop.

Repeat several times.

Why It Works

Slow exhalation signals the body to relax.

Parent Tip

Real bubbles make this activity even more engaging.

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ACTIVITY 17

Smile And Breathe

BEST FOR: SADNESS AND FRUSTRATION

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Take a slow breath in.
2. Place a gentle smile on your face.
3. Hold it while breathing out slowly.
4. Repeat five times. (5x)





WHY IT WORKS

Smiling can help activate positive feelings and relaxation responses.

PARENT TIP

Encourage children to think about a happy memory while they breathe.

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Activity 17

Smile And Breathe

Best For: Sadness and frustration

Time Needed: 1 minute

What To Do

Take a slow breath in.

Place a gentle smile on your face.

Hold it while breathing out slowly.

Repeat five times.

Why It Works

Smiling can help activate positive feelings and relaxation responses.

Parent Tip

Encourage children to think about a happy memory while they breathe.

ACTIVITY 18

Calm Corner Minute

BEST FOR: EMOTIONAL OVERWHELM

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Go to a quiet space.
2. Sit comfortably.
3. Take slow breaths and look around calmly.
4. Notice three things that make you feel safe and comfortable.



WHY IT WORKS

A dedicated calm space can help children reset and regulate emotions.

PARENT TIP

Create a cozy calm corner with pillows, books, and comforting items.

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Activity 18

Calm Corner Minute

Best For: Emotional overwhelm

Time Needed: 1 minute

What To Do

Go to a quiet space.

Sit comfortably.

Take slow breaths and look around calmly.

Notice three things that make you feel safe and comfortable.

Why It Works

A dedicated calm space can help children reset and regulate emotions.

Parent Tip

Create a cozy calm corner with pillows, books, and comforting items.

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ACTIVITY 19

Gratitude Pause

BEST FOR: NEGATIVE THINKING AND SADNESS

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Take three slow breaths.
2. Think of: One person you love
3. One thing you enjoy
4. One thing that made you smile today
5. Hold those thoughts for a moment.



WHY IT WORKS

Gratitude helps shift attention toward positive experiences.

PARENT TIP

Practice this activity together at the end of the day.

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Activity 19

Gratitude Pause

Best For: Negative thinking and sadness

Time Needed: 1 minute

What To Do

Take three slow breaths.

Think of:

- One person you love
- One thing you enjoy
- One thing that made you smile today

Hold those thoughts for a moment.

Why It Works

Gratitude helps shift attention toward positive experiences.

Parent Tip

Practice this activity together at the end of the day.

A PRACTICAL GUIDE FOR PARENTS, TEACHERS & CAREGIVERS

ACTIVITY 20

Reset Button



BEST FOR: ANY BIG EMOTION

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Imagine there is a giant reset button in front of you.
2. Take a deep breath.
3. Press the imaginary button.
4. As you breathe out, imagine your worries, anger, or stress becoming smaller and smaller.
5. Take three more calming breaths.



WHY IT WORKS

Visualization helps children feel empowered and capable of managing emotions.

PARENT TIP

Ask children what color their reset button is and what happens when they press it.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 20

Reset Button

Best For: Any big emotion

Time Needed: 1 minute

What To Do

Imagine there is a giant reset button in front of you.

Take a deep breath.

Press the imaginary button.

As you breathe out, imagine your worries, anger, or stress becoming smaller and smaller.

Take three more calming breaths.

Why It Works

Visualization helps children feel empowered and capable of managing emotions.

Parent Tip

Ask children what color their reset button is and what happens when they press it.

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ACTIVITY 21

Dragon Breath

BEST FOR: ANGER AND FRUSTRATION

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Sit up tall like a friendly dragon.
2. Take a deep breath in through your nose.
3. Open your mouth wide and slowly breathe out as if you're breathing gentle dragon fire.
4. Repeat five times.



WHY IT WORKS

Long exhalations help release tension and calm strong emotions.

PARENT TIP

Encourage children to imagine their dragon fire is a calming color like blue or purple.

Helping Kids Understand Big Feelings

Little Calm Club™

Part 2 – Breathing Games

Activity 21

Dragon Breath

Best For: Anger and frustration

Time Needed: 1 minute

What To Do

Sit up tall like a friendly dragon.
Take a deep breath in through your nose.
Open your mouth wide and slowly breathe out as if you're breathing gentle dragon fire.
Repeat five times.

Why It Works
Long exhalations help release tension and calm strong emotions.

Parent Tip

Encourage children to imagine their dragon fire is a calming color like blue or purple.

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ACTIVITY 22

Bumblebee Breath



BEST FOR: ANXIETY AND STRESS

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Take a deep breath in through your nose.
2. As you breathe out, make a gentle humming sound like a bumblebee. *"Hmmmmmm..."*
3. Repeat several times.



WHY IT WORKS

The vibration created by humming can help relax the nervous system.

PARENT TIP

See who can make the smoothest and longest bee sound.

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Activity 22

Bumblebee Breath

Best For: Anxiety and stress

Time Needed: 1 minute

What To Do

Take a deep breath in through your nose.

As you breathe out, make a gentle humming sound like a bumblebee.

"Hmmmmmmm..."

Repeat several times.

Why It Works

The vibration created by humming can help relax the nervous system.

Parent Tip

See who can make the smoothest and longest bee sound.

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ACTIVITY 23

Ocean Wave Breath

BEST FOR: WORRY AND OVERWHELM

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Imagine you're sitting by the ocean.
2. Breathe in slowly as a wave rolls toward the shore.
3. Breathe out slowly as the wave returns to the sea.
4. Continue for several breaths.



WHY IT WORKS

Matching breathing to a calming image encourages relaxation.

PARENT TIP

Play soft ocean sounds in the background if possible.

Helping Kids Understand Big Feelings

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Activity 23

Ocean Wave Breath

Best For: Worry and overwhelm

Time Needed: 1 minute

What To Do

Imagine you're sitting by the ocean.
Breathe in slowly as a wave rolls toward the shore.
Breathe out slowly as the wave returns to the sea.
Continue for several breaths.

Why It Works

Matching breathing to a calming image encourages relaxation.

Parent Tip

Play soft ocean sounds in the background if possible.

ACTIVITY 24

Rainbow Bridge Breath

BEST FOR: ANXIETY AND SADNESS

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Imagine a rainbow stretching across the sky.
2. **Breathe in** as you travel up one side of the rainbow.
3. **Breathe out** as you glide down the other side.
4. Repeat slowly.



WHY IT WORKS

Combining imagination and breathing helps children feel calm and safe.

PARENT TIP

Invite children to choose a new rainbow color with each breath.

Helping Kids Understand Big Feelings

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Activity 24

Rainbow Bridge Breath

Best For: Anxiety and sadness

Time Needed: 1 minute

What To Do

Imagine a rainbow stretching across the sky.
Breathe in as you travel up one side of the rainbow.
Breathe out as you glide down the other side.
Repeat slowly.

Why It Works

Combining imagination and breathing helps children feel calm and safe.

Parent Tip

Invite children to choose a new rainbow color with each breath.

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ACTIVITY 25

Hot Cocoa Breath

BEST FOR: EXCITEMENT AND RESTLESSNESS

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Pretend you're holding a warm cup of hot cocoa.
2. Take a slow breath in and smell the delicious cocoa.
3. Blow out gently to cool it down.
4. Repeat five times.



WHY IT WORKS

Slow breathing naturally helps regulate emotions.

PARENT TIP

Ask children what flavor their imaginary cocoa is.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 25

Hot Cocoa Breath

Best For: Excitement and restlessness

Time Needed: 1 minute

What To Do

Pretend you're holding a warm cup of hot cocoa.
Take a slow breath in and smell the delicious cocoa.
Blow out gently to cool it down.
Repeat five times.

Why It Works

Slow breathing naturally helps regulate emotions.

Parent Tip

Ask children what flavor their imaginary cocoa is.

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ACTIVITY 26

Lion Breath



BEST FOR: ANGER AND BUILT-UP TENSION

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Take a deep breath in through your nose.
2. Open your mouth wide.
3. Stick out your tongue.
4. Roar the air out like a lion.
5. Repeat several times.



WHY IT WORKS

This playful exercise helps release physical tension.

PARENT TIP

The sillier it feels, the more children usually enjoy it.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 26

Lion Breath

Best For: Anger and built-up tension

Time Needed: 1 minute

What To Do

Take a deep breath in through your nose.

Open your mouth wide.

Stick out your tongue.

Roar the air out like a lion.

Repeat several times.

Why It Works

This playful exercise helps release physical tension.

Parent Tip

The sillier it feels, the more children usually enjoy it.

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ACTIVITY 27

Flower Breath



BEST FOR: ANXIETY AND FEAR

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Pretend you're holding a beautiful flower.
2. Slowly smell the flower as you breathe in.
3. Gently blow the petals as you breathe out.
4. Repeat several times.

WHY IT WORKS

Simple breathing patterns help children slow down and refocus.

PARENT TIP

Let children choose their favorite flower.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 27

Flower Breath

Best For: Anxiety and fear

Time Needed: 1 minute

What To Do

Pretend you're holding a beautiful flower.
Slowly smell the flower as you breathe in.
Gently blow the petals as you breathe out.
Repeat several times.

Why It Works

Simple breathing patterns help children slow down and refocus.

Parent Tip

Let children choose their favorite flower.

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ACTIVITY 28

Mountain Breath

BEST FOR: CONFIDENCE AND CALM

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Sit tall and strong like a mountain.
2. Take slow, steady breaths.
3. Imagine yourself standing firm while clouds drift overhead.



WHY IT WORKS

This activity promotes **feelings of stability** and strength.

PARENT TIP

Remind children that mountains stay strong through every season.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 28

Mountain Breath

Best For: Confidence and calm

Time Needed: 1 minute

What To Do

Sit tall and strong like a mountain.

Take slow, steady breaths.

Imagine yourself standing firm while clouds drift overhead.

Why It Works

This activity promotes feelings of stability and strength.

Parent Tip

Remind children that mountains stay strong through every season.

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ACTIVITY 29

Birthday Candle Breath



BEST FOR: FRUSTRATION AND EXCITEMENT

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Imagine a birthday cake with candles.
2. Take a deep breath in.
3. Blow out one candle at a time with slow, controlled breaths.



WHY IT WORKS

Controlled breathing improves focus and emotional regulation.

PARENT TIP

Ask children how many candles are on their imaginary cake.

Helping Kids Understand Big Feelings

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Activity 29

Birthday Candle Breath

Best For: Frustration and excitement

Time Needed: 1 minute

What To Do

Imagine a birthday cake with candles.

Take a deep breath in.

Blow out one candle at a time with slow, controlled breaths.

Why It Works

Controlled breathing improves focus and emotional regulation.

Parent Tip

Ask children how many candles are on their imaginary cake.

ACTIVITY 30

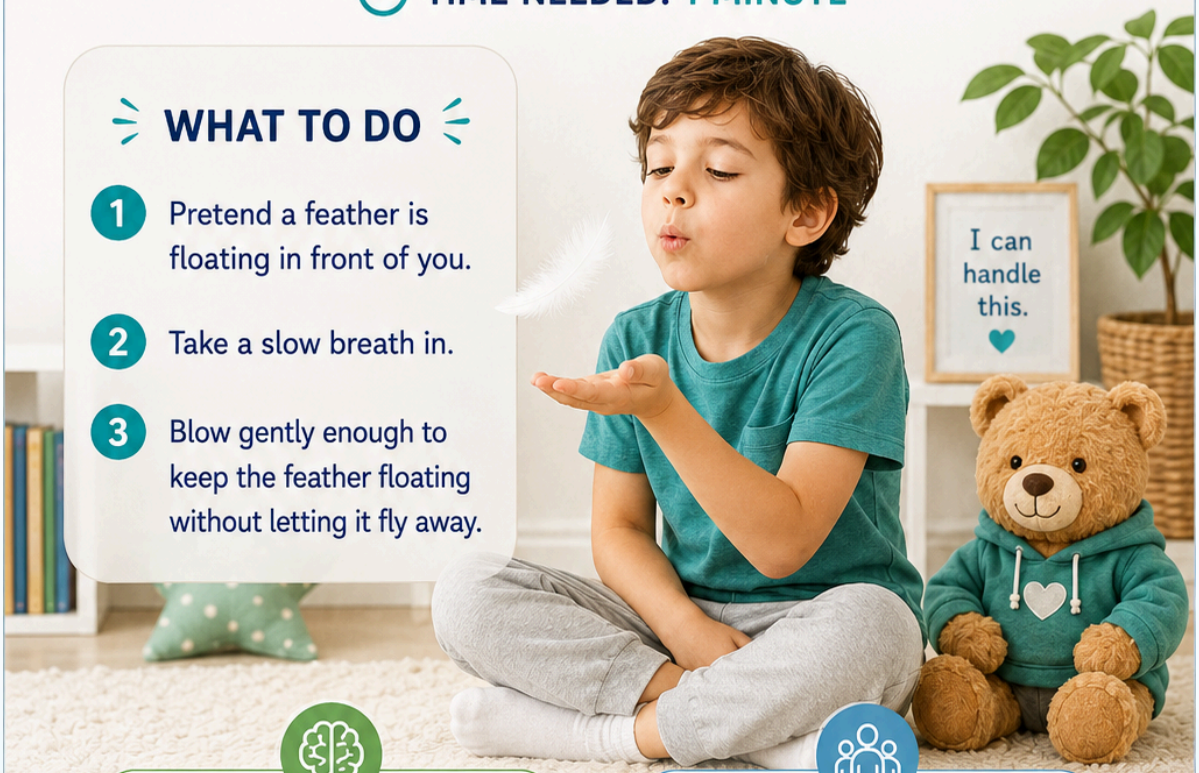
Feather Breath

BEST FOR: STRESS AND ANXIETY

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Pretend a feather is floating in front of you.
2. Take a slow breath in.
3. Blow gently enough to keep the feather floating without letting it fly away.



WHY IT WORKS

Gentle breathing encourages relaxation.

PARENT TIP

Use a real feather for extra fun.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 30

Feather Breath

Best For: Stress and anxiety

Time Needed: 1 minute

What To Do

Pretend a feather is floating in front of you.

Take a slow breath in.

Blow gently enough to keep the feather floating without letting it fly away.

Why It Works

Gentle breathing encourages relaxation.

Parent Tip

Use a real feather for extra fun.

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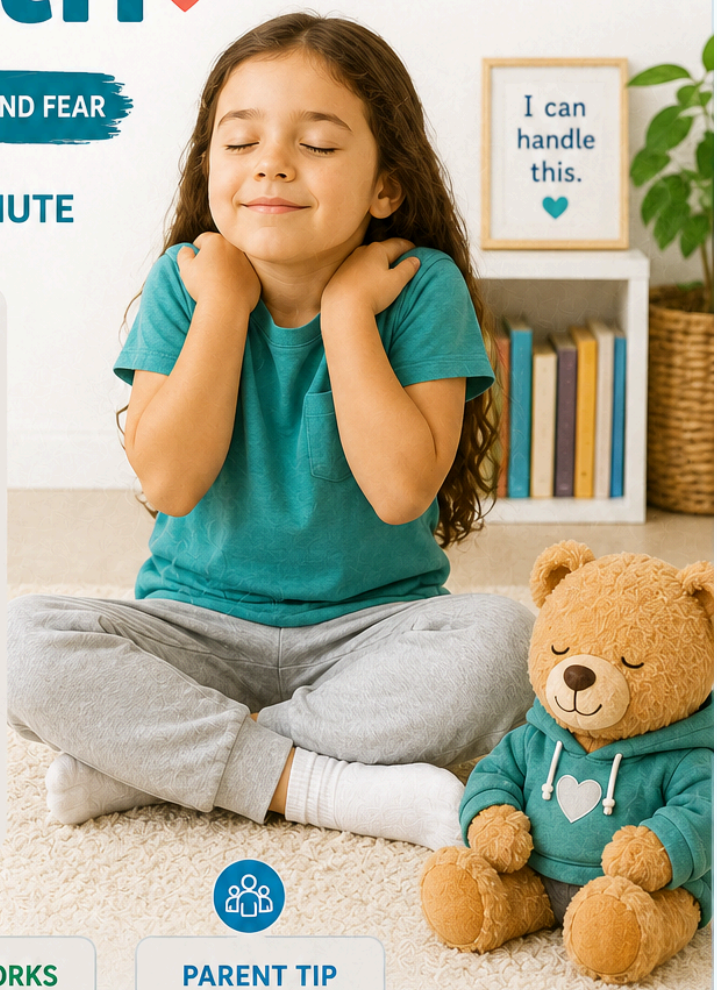
ACTIVITY 31

Turtle Breath



BEST FOR: OVERWHELM AND FEAR

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Pretend you're a turtle.
2. As you breathe in, gently pull your shoulders toward your neck.
3. As you breathe out, relax and come out of your shell.

WHY IT WORKS

Children learn that it's okay to slow down and feel safe.

PARENT TIP

Pair this activity with a quiet space.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 31

Turtle Breath

Best For: Overwhelm and fear

Time Needed: 1 minute

What To Do

Pretend you're a turtle.
As you breathe in, gently pull your shoulders toward your neck.
As you breathe out, relax and come out of your shell.

Why It Works

Children learn that it's okay to slow down and feel safe.

Parent Tip

Pair this activity with a quiet space.

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ACTIVITY 32

Balloon Parade Breath



BEST FOR: ANXIETY AND SADNESS

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Imagine colorful balloons floating through the sky.
2. Each slow breath helps another balloon float higher.
3. Watch them drift peacefully.



WHY IT WORKS

Visualization helps redirect attention away from worries.

PARENT TIP

Ask children what message is written on each balloon.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 32

Balloon Parade Breath

Best For: Anxiety and sadness

Time Needed: 1 minute

What To Do

Imagine colorful balloons floating through the sky.
Each slow breath helps another balloon float higher.
Watch them drift peacefully.

Why It Works

Visualization helps redirect attention away from worries.

Parent Tip

Ask children what message is written on each balloon.

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ACTIVITY 33

Snowflake Breath

BEST FOR: ANGER AND STRESS

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Imagine a snowflake resting on your hand.
2. Breathe gently so it doesn't melt or blow away.
3. Take slow, careful breaths.

WHY IT WORKS

Gentle breathing naturally slows the body.

PARENT TIP

Perfect during winter months.

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Activity 33

Snowflake Breath

Best For: Anger and stress

Time Needed: 1 minute

What To Do

Imagine a snowflake resting on your hand.
Breathe gently so it doesn't melt or blow away.
Take slow, careful breaths.

Why It Works

Gentle breathing naturally slows the body.

Parent Tip

Perfect during winter months.

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ACTIVITY 34

Cloud Breath

BEST FOR: WORRY AND OVERTHINKING

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Imagine breathing in soft white clouds.
2. Imagine breathing out dark storm clouds.
3. Continue until only calm clouds remain.



WHY IT WORKS

Children learn to release stressful thoughts through imagery.

PARENT TIP

Use different cloud colors for different feelings.

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Little Calm Club™

Activity 34

Cloud Breath

Best For: Worry and overthinking

Time Needed: 1 minute

What To Do

Imagine breathing in soft white clouds.
Imagine breathing out dark storm clouds.
Continue until only calm clouds remain.

Why It Works

Children learn to release stressful thoughts through imagery.

Parent Tip

Use different cloud colors for different feelings.

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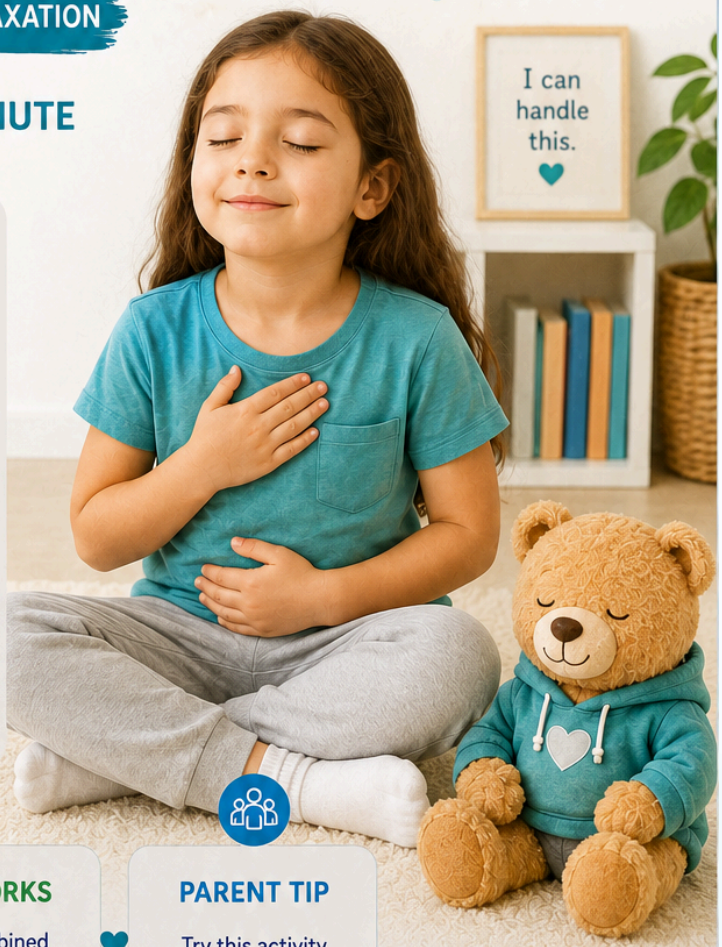
ACTIVITY 35

Star Breath



BEST FOR: BEDTIME RELAXATION

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Imagine tracing a star in the sky.
2. Breathe in as you move up each point.
3. Breathe out as you move down.
4. Continue slowly.

WHY IT WORKS

Breathing combined with movement improves focus and relaxation.

PARENT TIP

Try this activity before sleep.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 35

Star Breath

Best For: Bedtime relaxation

Time Needed: 1 minute

What To Do

Imagine tracing a star in the sky.
Breathe in as you move up each point.
Breathe out as you move down.
Continue slowly.

Why It Works

Breathing combined with movement improves focus and relaxation.

Parent Tip

Try this activity before sleep.

ACTIVITY 36

Puppy Breath

BEST FOR: HIGH ENERGY AND EXCITEMENT

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Pretend you're a happy puppy.
2. Take several short playful breaths.
3. Then finish with one long calming breath.



WHY IT WORKS

Children learn to notice the difference between fast and slow breathing.

PARENT TIP

Kids usually love acting like animals.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 36

Puppy Breath

Best For: High energy and excitement

Time Needed: 1 minute

What To Do

Pretend you're a happy puppy.

Take several short playful breaths.

Then finish with one long calming breath.

Why It Works

Children learn to notice the difference between fast and slow breathing.

Parent Tip

Kids usually love acting like animals.

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ACTIVITY 37

Moon Breath

BEST FOR: BEDTIME AND RELAXATION

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Imagine the moon rising slowly into the night sky.
2. Breathe in as it rises.
3. Breathe out as moonlight gently shines across the world.

WHY IT WORKS

Peaceful imagery supports relaxation.

PARENT TIP

Use dim lighting for extra effect.

Helping Kids Understand Big Feelings

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Activity 37

Moon Breath

Best For: Bedtime and relaxation

Time Needed: 1 minute

What To Do

Imagine the moon rising slowly into the night sky.
Breathe in as it rises.
Breathe out as moonlight gently shines across the world.

Why It Works

Peaceful imagery supports relaxation.

Parent Tip

Use dim lighting for extra effect.

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ACTIVITY 38

Butterfly Garden Breath

BEST FOR: ANXIETY AND SADNESS

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Imagine butterflies flying through a beautiful garden.
2. Take a slow breath every time a butterfly lands on a flower.



WHY IT WORKS

Mindful visualization encourages calm focus.

PARENT TIP

Ask children to describe the colors they see.

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Activity 38

Butterfly Garden Breath

Best For: Anxiety and sadness

Time Needed: 1 minute

What To Do

Imagine butterflies flying through a beautiful garden.
Take a slow breath every time a butterfly lands on a flower.

Why It Works

Mindful visualization encourages calm focus.

Parent Tip

Ask children to describe the colors they see.

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ACTIVITY 39

Sunshine Breath

BEST FOR: LOW MOOD AND WORRY

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Imagine warm sunshine filling your body.
2. Breathe in the sunshine.
3. Breathe out any worries or tension.

WHY IT WORKS

Positive imagery can improve emotional balance.

PARENT TIP

Ask children where they feel the sunshine most.

Helping Kids Understand Big Feelings

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Activity 39

Sunshine Breath

Best For: Low mood and worry

Time Needed: 1 minute

What To Do

Imagine warm sunshine filling your body.

Breathe in the sunshine.

Breathe out any worries or tension.

Why It Works

Positive imagery can improve emotional balance.

Parent Tip

Ask children where they feel the sunshine most.

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ACTIVITY 40

Peaceful River Breath



BEST FOR: ANY BIG EMOTION

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Imagine sitting beside a calm river.
2. With every breath, watch the water flow gently past.
3. Allow your thoughts and feelings to drift along the river.



WHY IT WORKS

This activity encourages acceptance and emotional release.

PARENT TIP

Remind children that feelings, like water, are always moving and changing.

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Activity 40

Peaceful River Breath

Best For: Any big emotion

Time Needed: 1 minute

What To Do

Imagine sitting beside a calm river.
With every breath, watch the water flow gently past.
Allow your thoughts and feelings to drift along the river.

Why It Works

This activity encourages acceptance and emotional release.

Parent Tip

Remind children that feelings, like water, are always moving and changing.

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ACTIVITY 41

Shake the Wiggles Out

BEST FOR: RESTLESSNESS AND EXTRA ENERGY

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Stand up tall.
2. Shake your hands for 10 seconds.
3. Shake your arms for 10 seconds.
4. Shake your legs for 10 seconds.
5. Finally, shake your whole body for 30 seconds.
6. Then stand still and take three slow breaths.

WHY IT WORKS

Shaking helps release built-up energy and tension.

PARENT TIP

Play upbeat music to make it more fun.

Helping Kids Understand Big Feelings

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Part 3 – Movement Activities

Activity 41

Shake the Wiggles Out

Best For: Restlessness and extra energy

Time Needed: 1 minute

What To Do

Stand up tall.
Shake your hands for 10 seconds.
Shake your arms for 10 seconds.
Shake your legs for 10 seconds.
Finally, shake your whole body for 30 seconds.
Then stand still and take three slow breaths.

Why It Works

Shaking helps release built-up energy and tension.

Parent Tip

Play upbeat music to make it more fun.

ACTIVITY 42

Animal Walk Adventure

BEST FOR: FRUSTRATION AND BOREDOM

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Move around the room like different animals.
2. Walk like a bear.
3. Hop like a bunny.
4. Waddle like a penguin.
5. Stretch like a cat.



WHY IT WORKS

Movement helps children release emotions and improve focus.

PARENT TIP

Let children choose the animals.

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Activity 42

Animal Walk Adventure

Best For: Frustration and boredom

Time Needed: 1 minute

What To Do

Move around the room like different animals.

Walk like a bear.

Hop like a bunny.

Waddle like a penguin.

Stretch like a cat.

Why It Works

Movement helps children release emotions and improve focus.

Parent Tip

Let children choose the animals.

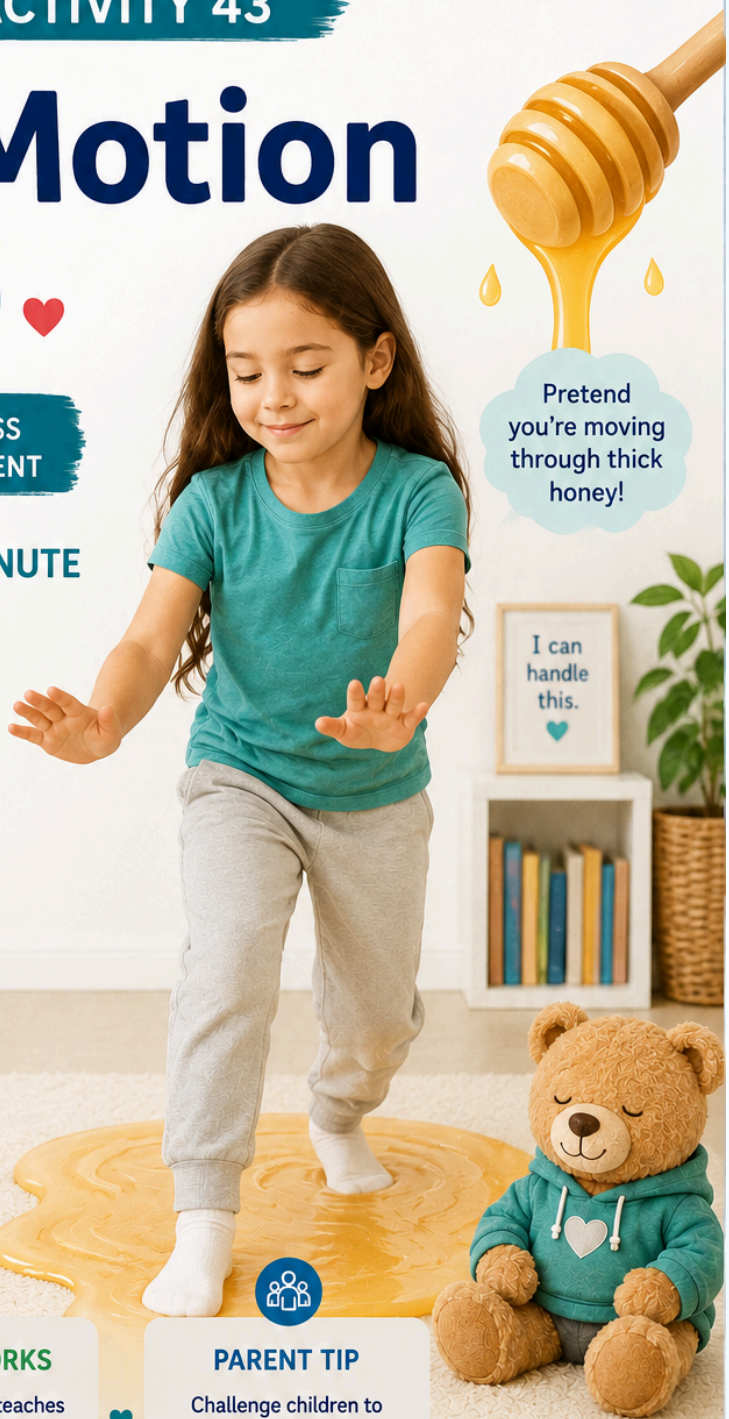
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ACTIVITY 43

Slow Motion Race

BEST FOR: IMPULSIVENESS AND EXCITEMENT

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Pretend you're moving through thick honey.
2. Walk across the room as slowly as possible.
3. Stretch every movement.
4. Try not to rush.

WHY IT WORKS

Slow movement teaches self-control and body awareness.

PARENT TIP

Challenge children to move even slower than you.

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Activity 43

Slow Motion Race

Best For: Impulsiveness and excitement

Time Needed: 1 minute

What To Do

Pretend you're moving through thick honey.

Walk across the room as slowly as possible.

Stretch every movement.

Try not to rush.

Why It Works

Slow movement teaches self-control and body awareness.

Parent Tip

Challenge children to move even slower than you.

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ACTIVITY 44

Reach for the Sky

BEST FOR: STRESS AND TENSION

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Stand tall.
2. Reach your arms high toward the sky.
3. Stretch as far as you can.
4. Take a deep breath.
5. Slowly lower your arms.
6. Repeat several times.

WHY IT WORKS

Stretching releases physical tension and encourages relaxation.

PARENT TIP

Pretend you're trying to touch a cloud.

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Activity 44

Reach for the Sky

Best For: Stress and tension

Time Needed: 1 minute

What To Do

Stand tall.
Reach your arms high toward the sky.
Stretch as far as you can.
Take a deep breath.
Slowly lower your arms.
Repeat several times.

Why It Works

Stretching releases physical tension and encourages relaxation.

Parent Tip

Pretend you're trying to touch a cloud.

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ACTIVITY 45

March Like a Hero

Be brave.
Be bold.
Be you!

BEST FOR: ANXIETY AND LOW CONFIDENCE

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Stand tall and march around the room.
2. Take confident steps.
3. Swing your arms proudly.
4. Imagine you're a brave hero on an important mission.

WHY IT WORKS

Confident movement can improve mood and self-esteem.

PARENT TIP

Ask children what their superhero name would be.

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Little Calm Club™

Activity 45

March Like a Hero

Best For: Anxiety and low confidence

Time Needed: 1 minute

What To Do

Stand tall and march around the room.

Take confident steps.

Swing your arms proudly.

Imagine you're a brave hero on an important mission.

Why It Works

Confident movement can improve mood and self-esteem.

Parent Tip

Ask children what their superhero name would be.

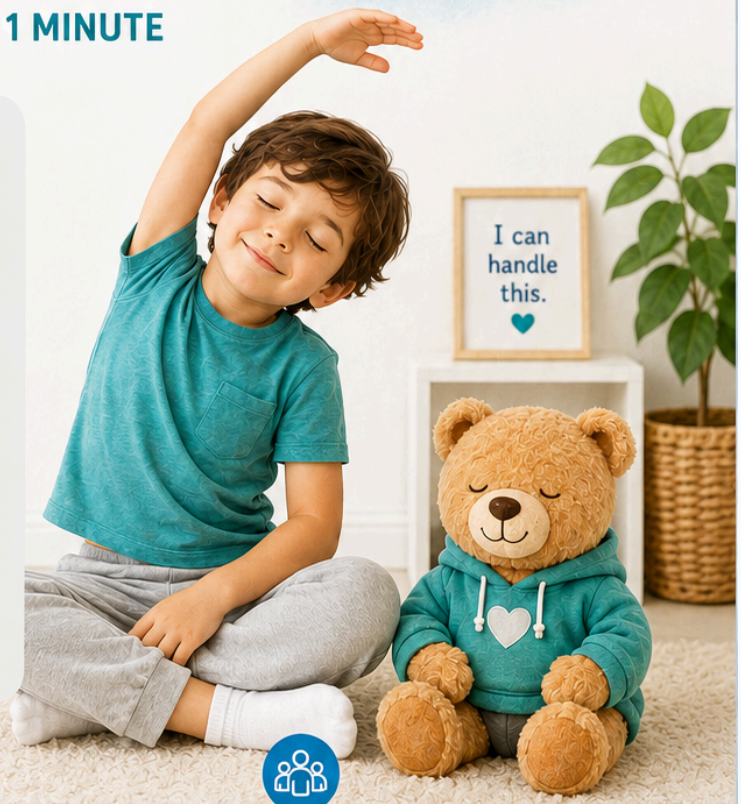
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ACTIVITY 46

Rainbow Stretch

BEST FOR: STRESS AND FRUSTRATION

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Reach one arm high overhead.
2. Lean gently to one side.
3. Imagine drawing a giant rainbow in the sky.
4. Switch sides and repeat.

WHY IT WORKS

Gentle stretching relaxes muscles and improves focus.

PARENT TIP

Choose a different rainbow color for each stretch.

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Little Calm Club™

Activity 46

Rainbow Stretch

Best For: Stress and frustration

Time Needed: 1 minute

What To Do

Reach one arm high overhead.
Lean gently to one side.
Imagine drawing a giant rainbow in the sky.
Switch sides and repeat.

Why It Works

Gentle stretching relaxes muscles and improves focus.

Parent Tip

Choose a different rainbow color for each stretch.

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ACTIVITY 47

Penguin Waddle



Waddle your way to feel better!

BEST FOR: SADNESS AND LOW ENERGY

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Place your arms by your sides.
2. Take small waddling steps like a penguin.
3. Move around slowly and playfully.

WHY IT WORKS

Fun movement can improve mood and reduce stress.

PARENT TIP

Add silly penguin sounds for extra laughter.

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Activity 47

Penguin Waddle

Best For: Sadness and low energy

Time Needed: 1 minute

What To Do

Place your arms by your sides.
Take small waddling steps like a penguin.
Move around slowly and playfully.

Why It Works

Fun movement can improve mood and reduce stress.

Parent Tip

Add silly penguin sounds for extra laughter.

ACTIVITY 48

Star Jumps of Joy

BEST FOR: FRUSTRATION AND EXCESS ENERGY

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Jump into a star shape.
2. Arms and legs wide.
3. Land softly.
4. Repeat slowly and safely.



WHY IT WORKS

Physical activity helps release built-up tension.

PARENT TIP

Count each jump together.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 48

Star Jumps of Joy

Best For: Frustration and excess energy

Time Needed: 1 minute

What To Do

Jump into a star shape.
Arms and legs wide.
Land softly.
Repeat slowly and safely.

Why It Works

Physical activity helps release built-up tension.

Parent Tip

Count each jump together.

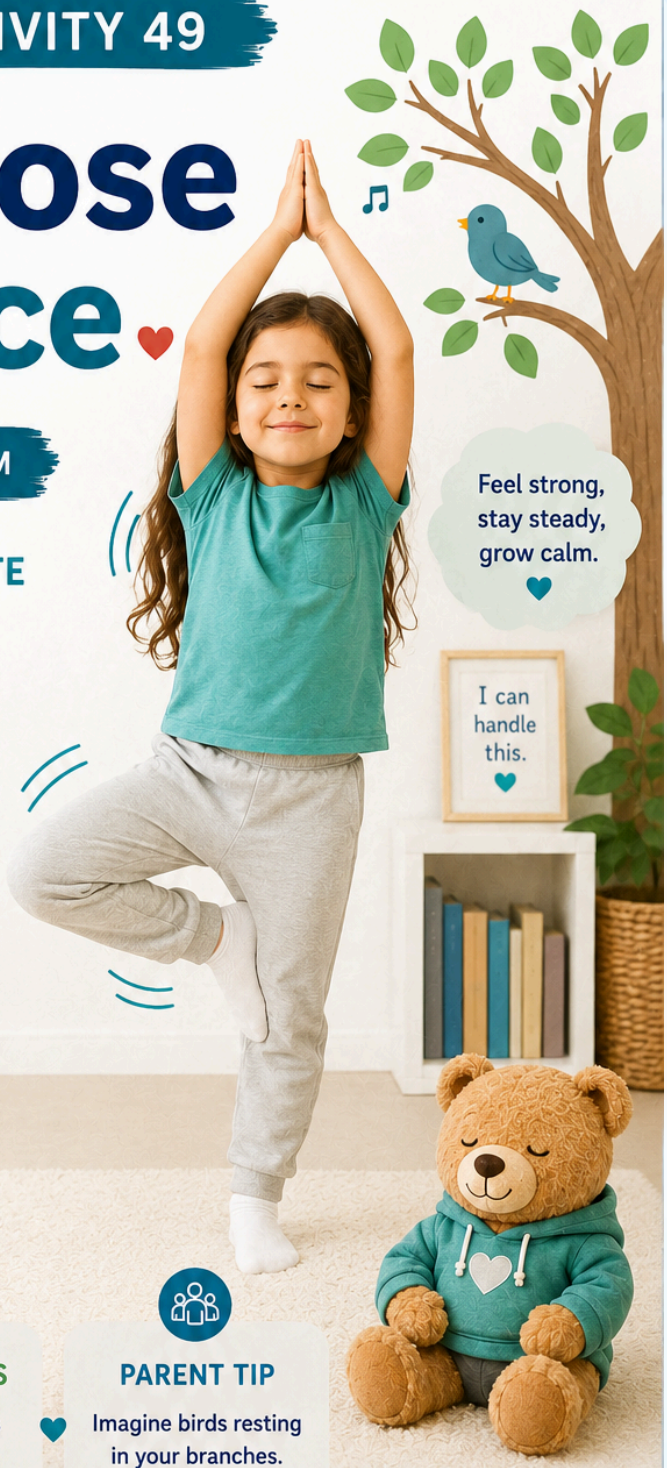
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ACTIVITY 49

Tree Pose Balance

BEST FOR: FOCUS AND CALM

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Stand on one foot.
2. Place the other foot gently against your ankle or leg.
3. Stretch your arms overhead like branches.
4. Take slow breaths.

WHY IT WORKS

Balancing requires concentration and mindfulness.

PARENT TIP

Imagine birds resting in your branches.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 49

Tree Pose Balance

Best For: Focus and calm

Time Needed: 1 minute

What To Do

Stand on one foot.
Place the other foot gently against your ankle or leg.
Stretch your arms overhead like branches.
Take slow breaths.

Why It Works

Balancing requires concentration and mindfulness.

Parent Tip

Imagine birds resting in your branches.

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ACTIVITY 50

Pretend to Float

BEST FOR: ANXIETY AND OVERWHELM

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Move around the room as if you're floating on a cloud.
2. Take slow, gentle steps.
3. Breathe deeply.

WHY IT WORKS

Slow movement encourages relaxation and emotional regulation.

PARENT TIP

Play soft music while floating.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 50

Pretend to Float

Best For: Anxiety and overwhelm

Time Needed: 1 minute

What To Do

Move around the room as if you're floating on a cloud.

Take slow, gentle steps.

Breathe deeply.

Why It Works

Slow movement encourages relaxation and emotional regulation.

Parent Tip

Play soft music while floating.

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ACTIVITY 51

Giant Steps

Take big steps toward feeling better!

BEST FOR: ANGER AND FRUSTRATION

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Take huge, slow steps across the room.
2. With each step, imagine leaving your frustration behind.

WHY IT WORKS

Large movements help release emotional energy.

PARENT TIP

Ask children what they are stepping away from.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 51

Giant Steps

Best For: Anger and frustration

Time Needed: 1 minute

What To Do

Take huge, slow steps across the room.
With each step, imagine leaving your frustration behind.

Why It Works

Large movements help release emotional energy.

Parent Tip

Ask children what they are stepping away from.

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ACTIVITY 52

Tiny Mouse Walk



BEST FOR: EXCITEMENT AND OVERSTIMULATION

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Walk as quietly as a tiny mouse.
2. Take gentle steps.
3. Try not to make any noise.



WHY IT WORKS

Quiet movement encourages self-control and awareness.

PARENT TIP

See how silently everyone can move.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 52

Tiny Mouse Walk

Best For: Excitement and overstimulation

Time Needed: 1 minute

What To Do

Walk as quietly as a tiny mouse.

Take gentle steps.

Try not to make any noise.

Why It Works

Quiet movement encourages self-control and awareness.

Parent Tip

See how silently everyone can move.

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ACTIVITY 53

Windmill Arms

BEST FOR: STRESS AND TENSION

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Stretch your arms out wide.
2. Slowly make big circles forward.
3. Then make circles backward.

WHY IT WORKS

This movement loosens tight muscles and improves circulation.

PARENT TIP

Pretend you're a giant windmill in a peaceful field.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 53

Windmill Arms

Best For: Stress and tension

Time Needed: 1 minute

What To Do

Stretch your arms out wide.

Slowly make big circles forward.

Then make circles backward.

Why It Works

This movement loosens tight muscles and improves circulation.

Parent Tip

Pretend you're a giant windmill in a peaceful field.

ACTIVITY 54

Happy Hop

BEST FOR: LOW MOOD AND BOREDOM

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Hop gently in place.
2. With each hop, think of something that makes you smile.





WHY IT WORKS

Movement and positive thinking work well together.

PARENT TIP

Share your happy thoughts too.

Helping Kids Understand Big Feelings

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Activity 54

Happy Hop

Best For: Low mood and boredom

Time Needed: 1 minute

What To Do

Hop gently in place.

With each hop, think of something that makes you smile.

Why It Works

Movement and positive thinking work well together.

Parent Tip

Share your happy thoughts too.

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ACTIVITY 55

Stretch Like a Cat



BEST FOR: TENSION AND STRESS

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Reach your arms forward.
2. Round your back gently.
3. Then stretch tall and long like a sleepy cat waking up.

WHY IT WORKS

Stretching helps release tension stored in the body.

PARENT TIP

Add a gentle cat yawn for fun.

Helping Kids Understand Big Feelings

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Activity 55

Stretch Like a Cat

Best For: Tension and stress

Time Needed: 1 minute

What To Do

Reach your arms forward.

Round your back gently.

Then stretch tall and long like a sleepy cat waking up.

Why It Works

Stretching helps release tension stored in the body.

Parent Tip

Add a gentle cat yawn for fun.

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ACTIVITY 56

Air Drawing

Draw in the air, calm your mind.

BEST FOR: ANXIETY AND FOCUS

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Use your finger to draw shapes in the air.
2. Draw circles, hearts, stars, or letters.
3. Move slowly and carefully.

WHY IT WORKS

Combines movement and concentration.

PARENT TIP

Guess each other's drawings.

Helping Kids Understand Big Feelings

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Activity 56

Air Drawing

Best For: Anxiety and focus

Time Needed: 1 minute

What To Do

Use your finger to draw shapes in the air.

Draw circles, hearts, stars, or letters.

Move slowly and carefully.

Why It Works

Combines movement and concentration.

Parent Tip

Guess each other's drawings.

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ACTIVITY 57

Balloon Reach

BEST FOR: SADNESS AND LOW ENERGY

TIME NEEDED: 1 MINUTE





WHAT TO DO

1. Pretend colorful balloons are floating overhead.
2. Reach up and gently pull one down.
3. Repeat several times.

WHY IT WORKS

Stretching and imagination encourage positive feelings.

PARENT TIP

Ask children what color balloon they caught.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 57

Balloon Reach

Best For: Sadness and low energy

Time Needed: 1 minute

What To Do

Pretend colorful balloons are floating overhead.

Reach up and gently pull one down.

Repeat several times.

Why It Works

Stretching and imagination encourage positive feelings.

Parent Tip

Ask children what color balloon they caught.

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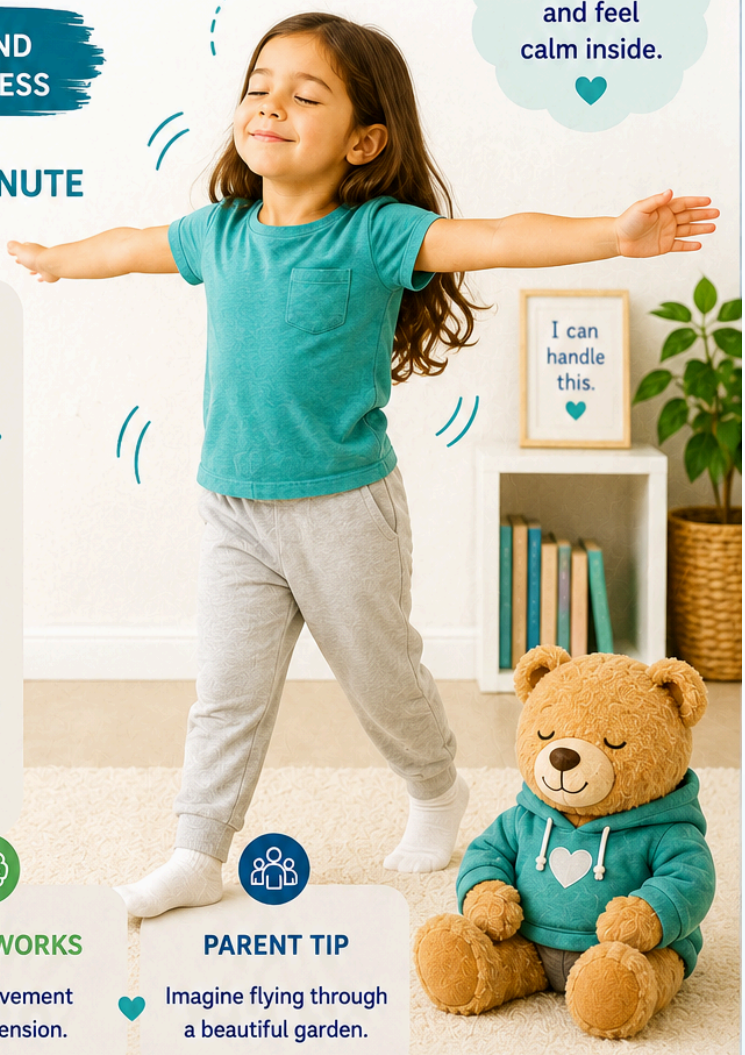
ACTIVITY 58

Butterfly Dance

Flutter your worries away and feel calm inside.

BEST FOR: ANXIETY AND NERVOUSNESS

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Flap your arms gently like butterfly wings.
2. Move slowly around the room.
3. Take calm breaths as you fly.

WHY IT WORKS

Gentle movement reduces tension.

PARENT TIP

Imagine flying through a beautiful garden.

Helping Kids Understand Big Feelings

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Activity 58

Butterfly Dance

Best For: Anxiety and nervousness

Time Needed: 1 minute

What To Do

Flap your arms gently like butterfly wings.

Move slowly around the room.

Take calm breaths as you fly.

Why It Works

Gentle movement reduces tension.

Parent Tip

Imagine flying through a beautiful garden.

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ACTIVITY 59

Cloud Reach

BEST FOR: WORRY AND FRUSTRATION

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Imagine fluffy clouds floating above you.
2. Reach up and gently touch them.
3. Take a deep breath with every reach.

WHY IT WORKS

Combines stretching and mindful breathing.

PARENT TIP

Describe the shapes you see in the clouds.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 59

Cloud Reach

Best For: Worry and frustration

Time Needed: 1 minute

What To Do

Imagine fluffy clouds floating above you.
Reach up and gently touch them.
Take a deep breath with every reach.

Why It Works

Combines stretching and mindful breathing.

Parent Tip

Describe the shapes you see in the clouds.

ACTIVITY 60

Freeze and Breathe

BEST FOR: ANY BIG EMOTION

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Move around however you like.
2. When someone says “Freeze!”, stop completely.
3. Take three slow breaths before moving again.



WHY IT WORKS

Helps children practice self-control and emotional regulation.

PARENT TIP

This activity works great with siblings or groups.

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Activity 60

Freeze and Breathe

Best For: Any big emotion

Time Needed: 1 minute

What To Do

Move around however you like.

When someone says "Freeze!", stop completely.

Take three slow breaths before moving again.

Why It Works

Helps children practice self-control and emotional regulation.

Parent Tip

This activity works great with siblings or groups.

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ACTIVITY 61

Floating on a Cloud

Drift away from worries and find your inner calm.

BEST FOR: ANXIETY AND STRESS

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Close your eyes.
2. Imagine lying on a soft, fluffy cloud.
3. The cloud gently carries you across a bright blue sky.
4. Feel the warm sunshine and the peaceful breeze.
5. Take slow breaths as you float.

WHY IT WORKS

Visualization helps children relax and let go of worries.

PARENT TIP

Ask children where their cloud is taking them.

Helping Kids Understand Big Feelings

Little Calm Club™

Part 4 – Mindfulness Adventures

Activity 61

Floating on a Cloud

Best For: Anxiety and stress

Time Needed: 1 minute

What To Do

Close your eyes.
Imagine lying on a soft, fluffy cloud.
The cloud gently carries you across a bright blue sky.
Feel the warm sunshine and the peaceful breeze.
Take slow breaths as you float.

Why It Works

Visualization helps children relax and let go of worries.

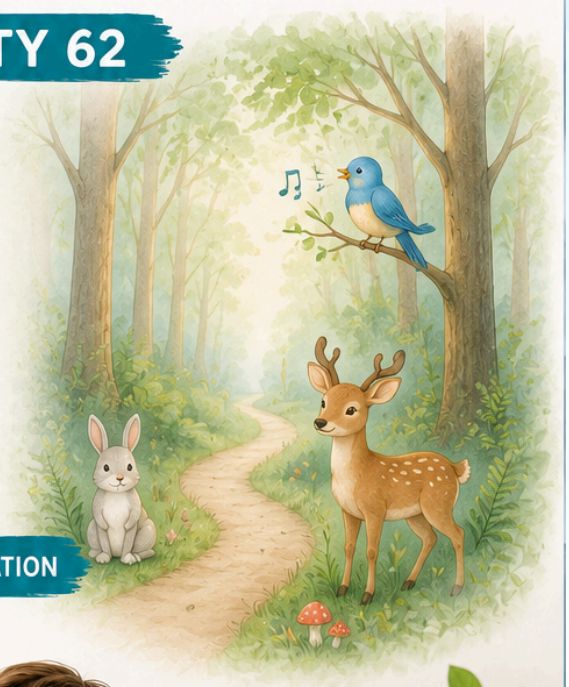
Parent Tip

Ask children where their cloud is taking them.

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ACTIVITY 62

Magic Forest Walk



BEST FOR: OVERWHELM AND FRUSTRATION

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Imagine walking through a magical forest.
2. The trees sway gently.
3. Birds sing sweet songs.
4. Friendly animals smile as you pass by.
5. Take a deep breath and enjoy the peaceful surroundings.



WHY IT WORKS

Nature imagery promotes calm and emotional balance.

PARENT TIP

Ask children which animal they met on their walk.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 62

Magic Forest Walk

Best For: Overwhelm and frustration

Time Needed: 1 minute

What To Do

Imagine walking through a magical forest.
The trees sway gently.
Birds sing sweet songs.
Friendly animals smile as you pass by.
Take a deep breath and enjoy the peaceful surroundings.

Why It Works

Nature imagery promotes calm and emotional balance.

Parent Tip

Ask children which animal they met on their walk.

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ACTIVITY 63

Secret Beach Journey

Close your eyes and let your imagination take you to a peaceful place.

BEST FOR: WORRY AND ANXIETY

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Imagine standing on a quiet beach.
2. Feel the warm sand beneath your feet.
3. Listen to the waves rolling in and out.
4. Take slow breaths with each wave.

WHY IT WORKS

Ocean imagery naturally encourages relaxation.

PARENT TIP

Ask children what treasures they find on the beach.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 63

Secret Beach Journey

Best For: Worry and anxiety

Time Needed: 1 minute

What To Do

Imagine standing on a quiet beach.
Feel the warm sand beneath your feet.
Listen to the waves rolling in and out.
Take slow breaths with each wave.

Why It Works

Ocean imagery naturally encourages relaxation.

Parent Tip

Ask children what treasures they find on the beach.

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ACTIVITY 64

The Friendly Treehouse

BEST FOR: FEELING UNSAFE OR NERVOUS

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Imagine a cozy treehouse built just for you.
2. Inside are your favorite books, toys, blankets, and pillows.
3. This is your safe place.
4. Take slow breaths while relaxing inside your treehouse.

WHY IT WORKS

Creating a mental safe space helps children feel secure.

PARENT TIP

Let children add new details every time.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 64

The Friendly Treehouse

Best For: Feeling unsafe or nervous

Time Needed: 1 minute

What To Do

Imagine a cozy treehouse built just for you.
Inside are your favorite books, toys, blankets, and pillows.
This is your safe place.
Take slow breaths while relaxing inside your treehouse.

Why It Works

Creating a mental safe space helps children feel secure.

Parent Tip

Let children add new details every time.

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ACTIVITY 65

Rainbow Bridge Adventure



BEST FOR: SADNESS AND STRESS

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Imagine walking across a beautiful rainbow bridge.
2. Each color fills you with a special feeling:
   - Red for courage.
   - Yellow for happiness.
   - Blue for calm.
   - Green for kindness.



WHY IT WORKS

Positive imagery can improve emotional well-being.

PARENT TIP

Ask children which color they need most today.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 65

Rainbow Bridge Adventure

Best For: Sadness and stress

Time Needed: 1 minute

What To Do

Imagine walking across a beautiful rainbow bridge.
Each color fills you with a special feeling:
Red for courage.
Yellow for happiness.
Blue for calm.
Green for kindness.

Why It Works

Positive imagery can improve emotional well-being.

Parent Tip

Ask children which color they need most today.

ACTIVITY 66

Journey to the Stars

BEST FOR: BEDTIME RELAXATION

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Imagine floating gently into the night sky.
2. Sparkling stars twinkle all around you.
3. Each breath carries you higher and higher.
4. Feel peaceful and relaxed.



WHY IT WORKS

Encourages calm thinking before sleep.

PARENT TIP

Perfect as part of a bedtime routine.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 66

Journey to the Stars

Best For: Bedtime relaxation

Time Needed: 1 minute

What To Do

Imagine floating gently into the night sky.
Sparkling stars twinkle all around you.
Each breath carries you higher and higher.
Feel peaceful and relaxed.

Why It Works

Encourages calm thinking before sleep.

Parent Tip

Perfect as part of a bedtime routine.

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ACTIVITY 67

The Kindness Garden

BEST FOR: ANGER AND FRUSTRATION

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Imagine a beautiful garden.
2. Every flower represents a kind action.
3. As you walk through the garden, think of kind things you have done or can do.

WHY IT WORKS

Redirects attention toward positive emotions.

PARENT TIP

Discuss kindness ideas afterward.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 67

The Kindness Garden

Best For: Anger and frustration

Time Needed: 1 minute

What To Do

Imagine a beautiful garden.

Every flower represents a kind action.

As you walk through the garden, think of kind things you have done or can do.

Why It Works

Redirects attention toward positive emotions.

Parent Tip

Discuss kindness ideas afterward.

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ACTIVITY 68

The Calm Castle

Your calm place is always inside you.

BEST FOR: ANXIETY AND FEAR

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Imagine a strong castle sitting on a hill.
2. Inside the castle you feel safe, calm, and protected.
3. Take slow breaths while exploring each room.

WHY IT WORKS

Mental imagery can increase feelings of safety.

PARENT TIP

Ask children who lives in their castle.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 68

The Calm Castle

Best For: Anxiety and fear

Time Needed: 1 minute

What To Do

Imagine a strong castle sitting on a hill.
Inside the castle you feel safe, calm, and protected.
Take slow breaths while exploring each room.

Why It Works

Mental imagery can increase feelings of safety.

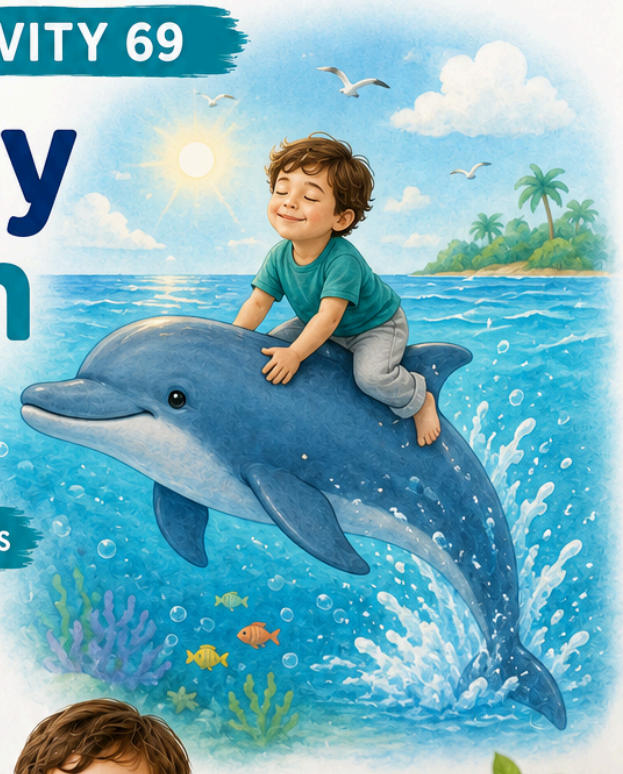
Parent Tip

Ask children who lives in their castle.

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ACTIVITY 69

Friendly Dolphin Ride



BEST FOR: STRESS AND SADNESS

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Imagine riding on the back of a friendly dolphin.
2. Together you glide through sparkling blue water.
3. Feel the cool breeze and peaceful waves.



WHY IT WORKS

Playful visualization promotes relaxation.

PARENT TIP

Ask children where the dolphin takes them.

Helping Kids Understand Big Feelings

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Activity 69

Friendly Dolphin Ride

Best For: Stress and sadness

Time Needed: 1 minute

What To Do

Imagine riding on the back of a friendly dolphin.
Together you glide through sparkling blue water.
Feel the cool breeze and peaceful waves.

Why It Works

Playful visualization promotes relaxation.

Parent Tip

Ask children where the dolphin takes them.

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ACTIVITY 70

The Golden Balloon



Let your worries float away and feel lighter inside.

BEST FOR: WORRY AND FEAR

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Imagine holding a giant golden balloon.
2. Place your worries inside it.
3. Watch the balloon float higher and higher into the sky.



WHY IT WORKS

Helps children mentally release anxious thoughts.

PARENT TIP

Ask what worries were placed inside the balloon.

Helping Kids Understand Big Feelings

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Activity 70

The Golden Balloon

Best For: Worry and fear

Time Needed: 1 minute

What To Do

Imagine holding a giant golden balloon.
Place your worries inside it.
Watch the balloon float higher and higher into the sky.

Why It Works

Helps children mentally release anxious thoughts.

Parent Tip

Ask what worries were placed inside the balloon.

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ACTIVITY 71

Snowy Mountain Adventure



BEST FOR: OVERWHELM AND STRESS

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Imagine standing on a peaceful snowy mountain.
2. The air is cool and fresh.
3. Everything feels quiet and calm.
4. Take slow breaths and enjoy the view.



WHY IT WORKS

Peaceful scenery helps calm the mind.

PARENT TIP

Ask children what they can see from the mountain top.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 71

Snowy Mountain Adventure

Best For: Overwhelm and stress

Time Needed: 1 minute

What To Do

Imagine standing on a peaceful snowy mountain.
The air is cool and fresh.
Everything feels quiet and calm.
Take slow breaths and enjoy the view.

Why It Works

Peaceful scenery helps calm the mind.

Parent Tip

Ask children what they can see from the mountain top.

ACTIVITY 72

The Wishing Pond

BEST FOR: SADNESS AND DISAPPOINTMENT

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Imagine sitting beside a sparkling pond.
2. Drop a small pebble into the water.
3. Make a hopeful wish and watch the ripples spread.



WHY IT WORKS

Encourages optimism and emotional resilience.

PARENT TIP

Talk about positive wishes together.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 72

The Wishing Pond

Best For: Sadness and disappointment

Time Needed: 1 minute

What To Do

Imagine sitting beside a sparkling pond.
Drop a small pebble into the water.
Make a hopeful wish and watch the ripples spread.

Why It Works

Encourages optimism and emotional resilience.

Parent Tip

Talk about positive wishes together.

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ACTIVITY 73

Butterfly Meadow

BEST FOR: ANXIETY AND NERVOUSNESS

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Imagine standing in a meadow full of butterflies.
2. Watch them gently fly around you.
3. Each butterfly carries away one worry.

WHY IT WORKS

Visualization can help reduce anxious thinking.

PARENT TIP

Ask children what colors the butterflies are.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 73

Butterfly Meadow

Best For: Anxiety and nervousness

Time Needed: 1 minute

What To Do

Imagine standing in a meadow full of butterflies.
Watch them gently fly around you.
Each butterfly carries away one worry.

Why It Works

Visualization can help reduce anxious thinking.

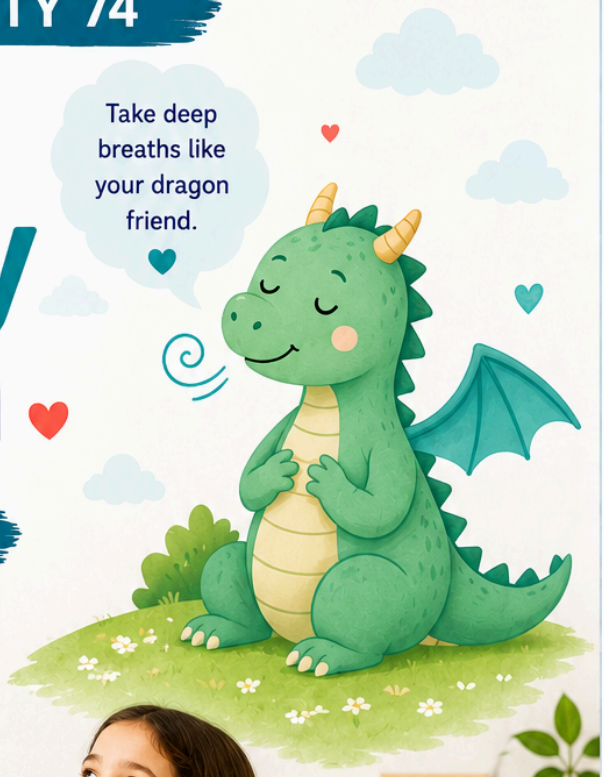
Parent Tip

Ask children what colors the butterflies are.

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ACTIVITY 74

The Friendly Dragon



BEST FOR: ANGER AND FRUSTRATION

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Imagine meeting a kind dragon.
2. The dragon teaches you how to breathe slowly and stay calm.
3. Practice breathing together.



WHY IT WORKS

Children often connect with imaginative characters.

PARENT TIP

Give the dragon a funny name.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 74

The Friendly Dragon

Best For: Anger and frustration

Time Needed: 1 minute

What To Do

Imagine meeting a kind dragon.

The dragon teaches you how to breathe slowly and stay calm.

Practice breathing together.

Why It Works

Children often connect with imaginative characters.

Parent Tip

Give the dragon a funny name.

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ACTIVITY 75

Moonlight Path

BEST FOR: BEDTIME RELAXATION

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Imagine walking along a path lit by soft moonlight.
2. Everything feels peaceful and quiet.
3. Take slow breaths as you walk.

WHY IT WORKS

Supports relaxation before sleep.

PARENT TIP

Use in a dimly lit room.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 75

Moonlight Path

Best For: Bedtime relaxation

Time Needed: 1 minute

What To Do

Imagine walking along a path lit by soft moonlight.
Everything feels peaceful and quiet.
Take slow breaths as you walk.

Why It Works

Supports relaxation before sleep.

Parent Tip

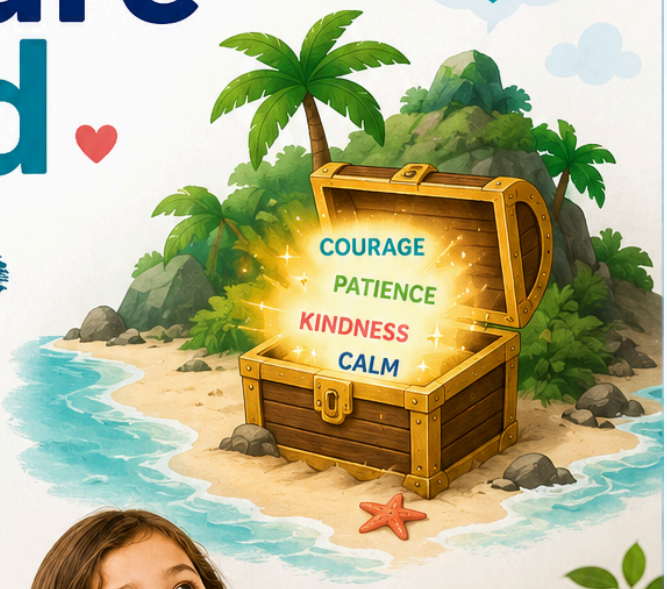
Use in a dimly lit room.

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ACTIVITY 76

Treasure Island

Imagine a place where you feel safe, happy and strong.



BEST FOR: FRUSTRATION AND BOREDOM

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Imagine arriving on a secret island.
2. Search for a treasure chest.
3. Inside the chest are courage, patience, kindness, and calm.



WHY IT WORKS

Encourages positive emotional thinking.

PARENT TIP

Ask which treasure is most important today.

Helping Kids Understand Big Feelings

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Activity 76

Treasure Island

Best For: Frustration and boredom

Time Needed: 1 minute

What To Do

Imagine arriving on a secret island.

Search for a treasure chest.

Inside the chest are courage, patience, kindness, and calm.

Why It Works

Encourages positive emotional thinking.

Parent Tip

Ask which treasure is most important today.

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ACTIVITY 77

The Gentle River

BEST FOR: ANY BIG EMOTION

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Imagine sitting beside a slow-moving river.
2. Place your feelings on little leaves floating in the water.
3. Watch them drift away.

WHY IT WORKS

Teaches acceptance of emotions without holding onto them.

PARENT TIP

Discuss which feelings floated by.

Helping Kids Understand Big Feelings

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Activity 77

The Gentle River

Best For: Any big emotion

Time Needed: 1 minute

What To Do

Imagine sitting beside a slow-moving river.
Place your feelings on little leaves floating in the water.
Watch them drift away.

Why It Works

Teaches acceptance of emotions without holding onto them.

Parent Tip

Discuss which feelings floated by.

ACTIVITY 78

The Cozy Cave

BEST FOR: FEELING OVERWHELMED

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Imagine a warm, cozy cave.
2. Soft blankets and pillows surround you.
3. You feel completely safe and relaxed.

WHY IT WORKS

Creates a strong sense of comfort and security.

PARENT TIP

Add sensory details like smells and sounds.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 78

The Cozy Cave

Best For: Feeling overwhelmed

Time Needed: 1 minute

What To Do

Imagine a warm, cozy cave.
Soft blankets and pillows surround you.
You feel completely safe and relaxed.

Why It Works

Creates a strong sense of comfort and security.

Parent Tip

Add sensory details like smells and sounds.

A PRACTICAL GUIDE FOR PARENTS, TEACHERS & CAREGIVERS

ACTIVITY 79

The Friendship Train

BEST FOR: LONELINESS AND SADNESS

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Imagine riding a train filled with friends, family, and people who care about you.
2. Everyone smiles and waves.
3. You are never alone.

WHY IT WORKS

Strengthens feelings of connection and belonging.

PARENT TIP

Ask who is riding on the train.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 79

The Friendship Train

Best For: Loneliness and sadness

Time Needed: 1 minute

What To Do

Imagine riding a train filled with friends, family, and people who care about you.
Everyone smiles and waves.
You are never alone.

Why It Works

Strengthens feelings of connection and belonging.

Parent Tip

Ask who is riding on the train.

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ACTIVITY 80

The Peaceful Light

Let the light fill you with calm, courage and peace.



BEST FOR: ANY BIG EMOTION

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Imagine a warm golden light above your head.
2. With each breath, the light fills your body.
3. The light brings calm, courage, and peace.

WHY IT WORKS

Positive visualization encourages emotional regulation.

PARENT TIP

Ask children where they feel the peaceful light the most.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 80

The Peaceful Light

Best For: Any big emotion

Time Needed: 1 minute

What To Do

Imagine a warm golden light above your head.
With each breath, the light fills your body.
The light brings calm, courage, and peace.

Why It Works

Positive visualization encourages emotional regulation.

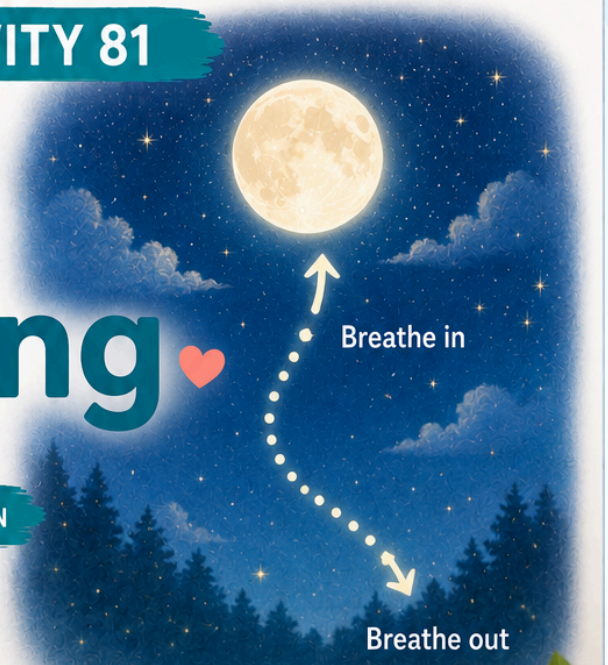
Parent Tip

Ask children where they feel the peaceful light the most.

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ACTIVITY 81

Moon Breathing



BEST FOR: BEDTIME AND RELAXATION

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Imagine a glowing moon in the night sky.
2. Breathe in slowly as the moon rises.
3. Breathe out slowly as moonlight shines around you.



WHY IT WORKS

Slow breathing helps prepare the body for sleep.

PARENT TIP

Dim the lights while practicing.

Helping Kids Understand Big Feelings

Little Calm Club™

Part 5 – Bedtime Calm Activities

Activity 81

Moon Breathing

Best For: Bedtime and relaxation

Time Needed: 1 minute

What To Do

Imagine a glowing moon in the night sky.
Breathe in slowly as the moon rises.
Breathe out slowly as moonlight shines around you.

Why It Works

Slow breathing helps prepare the body for sleep.

Parent Tip

Dim the lights while practicing.

A PRACTICAL GUIDE FOR PARENTS, TEACHERS & CAREGIVERS

ACTIVITY 82

Sleepy Stretch

Release tension and get your body ready for sleep.

BEST FOR: RESTLESSNESS BEFORE BED

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Stretch your arms overhead.
2. Reach your toes.
3. Take three slow breaths.
4. Allow your body to feel heavy and relaxed.

WHY IT WORKS

Gentle stretching releases physical tension.

PARENT TIP

Practice after putting on pajamas.

Helping Kids Understand Big Feelings

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Activity 82

Sleepy Stretch

Best For: Restlessness before bed

Time Needed: 1 minute

What To Do

Stretch your arms overhead.

Reach your toes.

Take three slow breaths.

Allow your body to feel heavy and relaxed.

Why It Works

Gentle stretching releases physical tension.

Parent Tip

Practice after putting on pajamas.

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ACTIVITY 83

Counting Stars

BEST FOR: BUSY THOUGHTS

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Close your eyes.
2. Imagine a sky full of stars.
3. Slowly count ten shining stars.
4. Take one deep breath for each star.

WHY IT WORKS

Counting and breathing encourage focus and calm.

PARENT TIP

Let children imagine different colored stars.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 83

Counting Stars

Best For: Busy thoughts

Time Needed: 1 minute

What To Do

Close your eyes.
Imagine a sky full of stars.
Slowly count ten shining stars.
Take one deep breath for each star.

Why It Works

Counting and breathing encourage focus and calm.

Parent Tip

Let children imagine different colored stars.

ACTIVITY 84

Floating Feather

BEST FOR: ANXIETY AT BEDTIME

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Imagine a feather floating gently through the air.
2. Follow it with your mind.
3. Watch it drift slowly and peacefully.



WHY IT WORKS

Encourages slow thinking and relaxation.

PARENT TIP

Speak softly while guiding the activity.

Helping Kids Understand Big Feelings

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Activity 84

Floating Feather

Best For: Anxiety at bedtime

Time Needed: 1 minute

What To Do

Imagine a feather floating gently through the air.
Follow it with your mind.
Watch it drift slowly and peacefully.

Why It Works

Encourages slow thinking and relaxation.

Parent Tip

Speak softly while guiding the activity.

A PRACTICAL GUIDE FOR PARENTS, TEACHERS & CAREGIVERS

ACTIVITY 85

Cozy Blanket Calm



BEST FOR: FEELING UNSETTLED

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Wrap yourself in a blanket.
2. Take slow breaths.
3. Notice how warm, soft, and safe you feel.

WHY IT WORKS

Comfort and deep breathing create a sense of security.

PARENT TIP

Use a favorite blanket.

Helping Kids Understand Big Feelings

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Activity 85

Cozy Blanket Calm

Best For: Feeling unsettled

Time Needed: 1 minute

What To Do

Wrap yourself in a blanket.

Take slow breaths.

Notice how warm, soft, and safe you feel.

Why It Works

Comfort and deep breathing create a sense of security.

Parent Tip

Use a favorite blanket.

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ACTIVITY 86

Sleepy Cloud Ride

Float gently into sleep with each slow, peaceful breath.

BEST FOR: DIFFICULTY FALLING ASLEEP

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Imagine lying on a soft cloud.
2. The cloud carries you gently across the night sky.
3. Each breath makes the cloud softer and slower.





WHY IT WORKS

Peaceful imagery helps quiet the mind.

PARENT TIP

Read this activity slowly.

Little Calm Club™

Activity 86

Sleepy Cloud Ride

Best For: Difficulty falling asleep

Time Needed: 1 minute

What To Do

Imagine lying on a soft cloud.
The cloud carries you gently across the night sky.
Each breath makes the cloud softer and slower.

Why It Works

Peaceful imagery helps quiet the mind.

Parent Tip

Read this activity slowly.

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ACTIVITY 87

Yawning Lion



BEST FOR: RELEASING TENSION

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Pretend you are a sleepy lion.
2. Take a deep breath.
3. Open your mouth wide and let out a big yawn.
4. Repeat several times.



WHY IT WORKS

Yawning helps relax the body.

PARENT TIP

Parents should join in too.

Helping Kids Understand Big Feelings

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Activity 87

Yawning Lion

Best For: Releasing tension

Time Needed: 1 minute

What To Do

Pretend you are a sleepy lion.

Take a deep breath.

Open your mouth wide and let out a big yawn.

Repeat several times.

Why It Works

Yawning helps relax the body.

Parent Tip

Parents should join in too.

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ACTIVITY 88

Teddy Bear Goodnight

Snuggle, breathe and get ready for a goodnight sleep.

BEST FOR: BEDTIME COMFORT

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Hold your favorite stuffed animal.
2. Take slow breaths together.
3. Imagine your teddy bear is getting sleepy too.

WHY IT WORKS

Creates a comforting bedtime ritual.

PARENT TIP

Perfect for younger children.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 88

Teddy Bear Goodnight

Best For: Bedtime comfort

Time Needed: 1 minute

What To Do

Hold your favorite stuffed animal.

Take slow breaths together.

Imagine your teddy bear is getting sleepy too.

Why It Works

Creates a comforting bedtime ritual.

Parent Tip

Perfect for younger children.

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ACTIVITY 89

Gentle Rain

BEST FOR: WORRY BEFORE SLEEP

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Imagine soft rain falling outside.
2. Listen to the gentle drops.
3. Take slow breaths with the rhythm of the rain.

WHY IT WORKS

Repetitive sounds encourage relaxation.

PARENT TIP

Use rain sounds if available.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 89

Gentle Rain

Best For: Worry before sleep

Time Needed: 1 minute

What To Do

Imagine soft rain falling outside.
Listen to the gentle drops.
Take slow breaths with the rhythm of the rain.

Why It Works

Repetitive sounds encourage relaxation.

Parent Tip

Use rain sounds if available.

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ACTIVITY 90

Firefly Lights

BEST FOR: FEAR OF THE DARK

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Imagine tiny fireflies glowing around you.
2. Their gentle lights make everything feel safe and peaceful.



WHY IT WORKS

Transforms nighttime fears into positive imagery.

PARENT TIP

Ask children how many fireflies they see.

Helping Kids Understand Big Feelings

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Activity 90

Firefly Lights

Best For: Fear of the dark

Time Needed: 1 minute

What To Do

Imagine tiny fireflies glowing around you.
Their gentle lights make everything feel safe and peaceful.

Why It Works

Transforms nighttime fears into positive imagery.

Parent Tip

Ask children how many fireflies they see.

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ACTIVITY 91

Dream Boat

BEST FOR: BEDTIME RELAXATION

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Imagine floating in a small boat on calm water.
2. The boat rocks gently back and forth.
3. Each breath feels slower than the last.
4. Keep floating peacefully.





WHY IT WORKS

Rhythmic imagery promotes sleepiness.

PARENT TIP

Read in a slow, soothing voice.

Helping Kids Understand Big Feelings

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Activity 91

Dream Boat

Best For: Bedtime relaxation

Time Needed: 1 minute

What To Do

Imagine floating in a small boat on calm water.
The boat rocks gently back and forth.
Each breath feels slower than the last.

Why It Works

Rhythmic imagery promotes sleepiness.

Parent Tip

Read in a slow, soothing voice.

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ACTIVITY 92

Quiet Bunny

Be still, breathe slowly and feel calm inside.

BEST FOR: RESTLESSNESS

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Pretend you are a sleepy bunny.
2. Curl up comfortably.
3. Stay very still and take slow breaths.

WHY IT WORKS

Stillness encourages relaxation.

PARENT TIP

See who can be the quietest bunny.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 92

Quiet Bunny

Best For: Restlessness

Time Needed: 1 minute

What To Do

Pretend you are a sleepy bunny.
Curl up comfortably.
Stay very still and take slow breaths.

Why It Works

Stillness encourages relaxation.

Parent Tip

See who can be the quietest bunny.

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ACTIVITY 93

Warm Sunshine Blanket

BEST FOR: ANXIETY AND TENSION

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Imagine a warm blanket made of sunshine.
2. It gently covers your body from head to toe.
3. Feel yourself becoming calm and comfortable.

WHY IT WORKS

Positive visualization reduces stress.

PARENT TIP

Guide children through each body part slowly.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 93

Warm Sunshine Blanket

Best For: Anxiety and tension

Time Needed: 1 minute

What To Do

Imagine a warm blanket made of sunshine.
It gently covers your body from head to toe.
Feel yourself becoming calm and comfortable.

Why It Works

Positive visualization reduces stress.

Parent Tip

Guide children through each body part slowly.

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ACTIVITY 94

Sleepy Turtle

Slow down, tuck in, and find your calm.

BEST FOR: OVERSTIMULATION

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Pretend you're a turtle settling into your shell.
2. Pull your shoulders in gently.
3. Take slow breaths and relax.

WHY IT WORKS

Creates feelings of safety and calm.

PARENT TIP

Use after busy days.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 94

Sleepy Turtle

Best For: Overstimulation

Time Needed: 1 minute

What To Do

Pretend you're a turtle settling into your shell.

Pull your shoulders in gently.

Take slow breaths and relax.

Why It Works

Creates feelings of safety and calm.

Parent Tip

Use after busy days.

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ACTIVITY 95

Goodnight Garden

BEST FOR: BEDTIME TRANSITION

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Imagine walking through a peaceful garden at sunset.
2. Flowers gently close for the night.
3. Animals are getting ready to sleep.

WHY IT WORKS

Signals that it's time to slow down.

PARENT TIP

Encourage children to picture every detail.

Helping Kids Understand Big Feelings

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Activity 95

Goodnight Garden

Best For: Bedtime transition

Time Needed: 1 minute

What To Do

Imagine walking through a peaceful garden at sunset.
Flowers gently close for the night.
Animals are getting ready to sleep.

Why It Works

Signals that it's time to slow down.

Parent Tip

Encourage children to picture every detail.

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ACTIVITY 96

The Sleep Train

BEST FOR: DIFFICULTY SETTLING DOWN

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Imagine riding a quiet train toward Dreamland.
2. The train moves slowly and smoothly.
3. Each breath brings you closer to sleep.



WHY IT WORKS

Repetitive imagery encourages relaxation.

PARENT TIP

Ask children what they see outside the train window.

Helping Kids Understand Big Feelings

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Activity 96

The Sleep Train

Best For: Difficulty settling down

Time Needed: 1 minute

What To Do

Imagine riding a quiet train toward Dreamland.
The train moves slowly and smoothly.
Each breath brings you closer to sleep.

Why It Works

Repetitive imagery encourages relaxation.

Parent Tip

Ask children what they see outside the train window.

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ACTIVITY 97

Twinkling Star Relaxation

BEST FOR: ANXIETY BEFORE SLEEP

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Imagine a star twinkling above you.
2. Each sparkle helps your body relax.
3. Feel your muscles becoming softer and softer.

WHY IT WORKS

Promotes body awareness and calmness.

PARENT TIP

Pair with deep breathing.

Helping Kids Understand Big Feelings

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Activity 97

Twinkling Star Relaxation

Best For: Anxiety before sleep

Time Needed: 1 minute

What To Do

Imagine a star twinkling above you.
Each sparkle helps your body relax.
Feel your muscles becoming softer and softer.

Why It Works

Promotes body awareness and calmness.

Parent Tip

Pair with deep breathing.

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ACTIVITY 98

Pillow Island

Your pillow is your island. A quiet place to rest and feel safe.

BEST FOR: RESTLESSNESS AT BEDTIME

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Imagine your pillow is a peaceful island.
2. The island is quiet, safe, and comfortable.
3. Relax as you settle onto it.

WHY IT WORKS

Creates positive associations with bedtime.

PARENT TIP

Great for children who resist going to bed.

Helping Kids Understand Big Feelings

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Activity 98

Pillow Island

Best For: Restlessness at bedtime

Time Needed: 1 minute

What To Do

Imagine your pillow is a peaceful island.
The island is quiet, safe, and comfortable.
Relax as you settle onto it.

Why It Works

Creates positive associations with bedtime.

Parent Tip

Great for children who resist going to bed.

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ACTIVITY 99

Night Sky Wishes

BEST FOR: WORRY AND SADNESS

TIME NEEDED: 1 MINUTE



WHAT TO DO

1. Imagine looking up at the night sky.
2. Choose one star.
3. Share a hopeful wish with that star.
4. Take a deep breath and let your worries go.

WHY IT WORKS

Encourages optimism and emotional release.

PARENT TIP

Invite children to share their wish if they want.

Helping Kids Understand Big Feelings

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Activity 99

Night Sky Wishes

Best For: Worry and sadness

Time Needed: 1 minute

What To Do

Imagine looking up at the night sky.
Choose one star.
Share a hopeful wish with that star.
Take a deep breath and let your worries go.

Why It Works

Encourages optimism and emotional release.

Parent Tip

Invite children to share their wish if they want.

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ACTIVITY 100

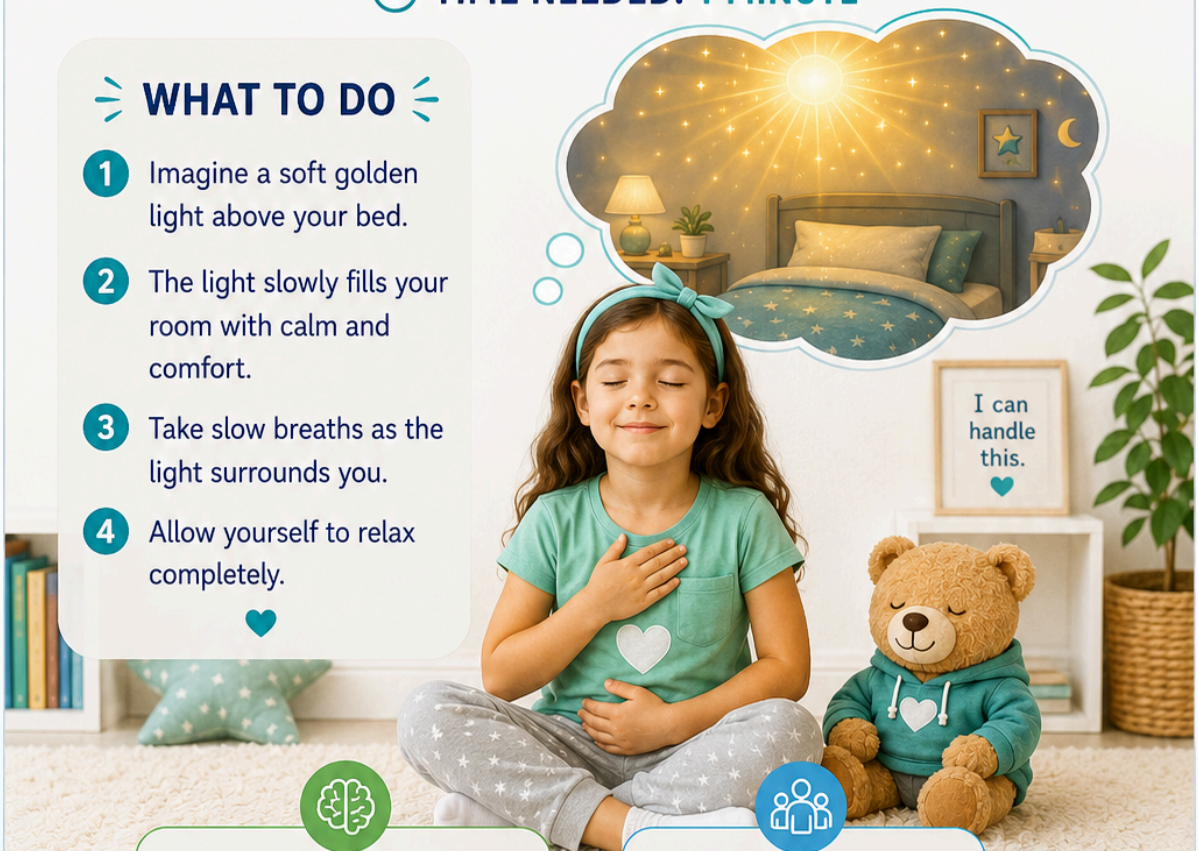
Peaceful Sleep Light

BEST FOR: ANY BEDTIME EMOTION

TIME NEEDED: 1 MINUTE

WHAT TO DO

1. Imagine a soft golden light above your bed.
2. The light slowly fills your room with calm and comfort.
3. Take slow breaths as the light surrounds you.
4. Allow yourself to relax completely.



WHY IT WORKS

Combines breathing, visualization, and relaxation.

PARENT TIP

Use this as the final activity before saying goodnight.

Helping Kids Understand Big Feelings

Little Calm Club™

Activity 100

Peaceful Sleep Light

Best For: Any bedtime emotion

Time Needed: 1 minute

What To Do

Imagine a soft golden light above your bed.
The light slowly fills your room with calm and comfort.
Take slow breaths as the light surrounds you.
Allow yourself to relax completely.

Why It Works

Combines breathing, visualization, and relaxation.

Parent Tip

Use this as the final activity before saying goodnight.

Activity 101 “Bonus”

Creating Your Family Calm Corner

A Special Space for Big Feelings

Every child needs a place where they can slow down, relax, and feel safe.
A Calm Corner is not a place for punishment.
It is a place for comfort, self-regulation, and emotional growth.
When children learn to use a Calm Corner, they begin to understand that it is okay to take a break when emotions feel too big.

What Is a Calm Corner?

A Calm Corner is a quiet space where children can go when they need help calming their minds and bodies.
It can be:

- A cozy corner of a bedroom
- A small area in the living room
- A reading nook
- A special chair with soft pillows
- Any peaceful space that feels safe and comfortable

The goal is to create a positive environment where children can practice calming skills.

What to Include

You do not need expensive supplies.

Simple items work best.

Consider adding:

Soft Pillows

Comfortable seating helps children relax.

Favorite Stuffed Animals

Stuffed animals can provide comfort and emotional support.

Calm Down Cards

Keep a few activity cards nearby for quick ideas.

Books

Include favorite calming or bedtime books.

Coloring Supplies

Drawing and coloring can help children process emotions.

A Soft Blanket

A cozy blanket can help children feel safe and secure.

Sensory Objects

Stress balls, smooth stones, fidget toys, or soft fabrics can provide calming sensory experiences.

How to Introduce the Calm Corner

Explain the Calm Corner when your child is already calm.

Say something like:

"This is a special place you can use whenever you have big feelings and need a moment to relax."

Avoid introducing it during a tantrum or emotional outburst.

Children are more likely to use it successfully when they understand its purpose ahead of time.

Calm Corner Rules

Keep the rules simple:

- Everyone is welcome.
- All feelings are allowed.
- We use kind and safe behaviors.
- We can leave when we feel calm and ready.

Remember

The Calm Corner is not about making feelings disappear.

It is about helping children learn what to do with those feelings.

With practice, a Calm Corner can become a powerful tool for building confidence, self-awareness, and emotional resilience.

Small moments of calm today can become lifelong skills tomorrow.

Final Encouragement for Parents and Caregivers

You're Doing Better Than You Think

Helping a child navigate big emotions is one of the most important—and sometimes most challenging—parts of parenting.

There will be days when your child stays calm and uses the strategies they've learned.

There will also be days when emotions feel bigger, louder, and harder to manage.

Both are completely normal.

Learning emotional regulation is a journey, not a destination.

Just like learning to read, ride a bike, or tie a shoe, developing calm and coping skills takes time, patience, and practice.

Every deep breath matters.

Every conversation about feelings matters.

Every moment of connection matters.

Even when progress feels small, your child is learning and growing.

Remember that children learn best when they feel safe, supported, and loved.

You don't need to be perfect.

You simply need to be present.

By exploring the activities in this book together, you are helping your child build skills that can last a lifetime:

- Self-awareness
- Emotional resilience
- Confidence
- Patience
- Kindness
- Calmness

Celebrate the small victories.

Celebrate the effort.

Celebrate the growth.

Most importantly, celebrate your child for exactly who they are.

Thank you for being part of the Little Calm Club™ community.

We are honored to be part of your family's journey toward calmer minds, happier hearts, and brighter days.

With gratitude,

Little Calm Club™

Helping Kids Understand Big Feelings