

FROM BUSY TO BALANCED

Calming Tools for the End of Term



DRAW A CALM PLACE



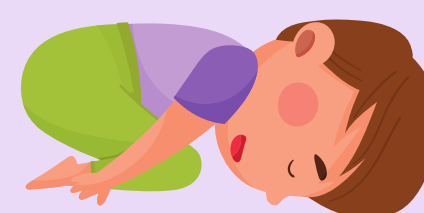
5 DEEP BREATHS



WEATHER CHECK



IMAGINE A PEACEFUL PLACE



CHILD POSE OR CAT COW



MINDFUL DRINK BREAK



5 FINGER BREATHING



1 MIN RUN ON THE SPOT



5-4-3-2-1 GROUNDING TECHNIQUE



BALLOON BREATHING



MINDFUL COLOURING



STRETCH AND PAUSE



DIFFUSE A FAVOURITE SCENT



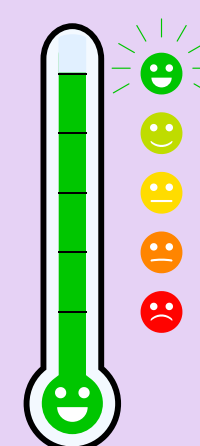
SQUEEZE SOMETHING



1 SONG MUSIC BREAK



COUNT BACKWARDS



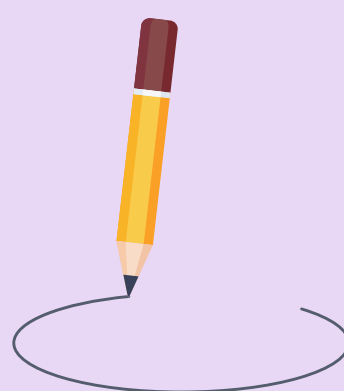
FEELINGS CHECK IN



TENSE AND RELEASE



CALM STORY TIME



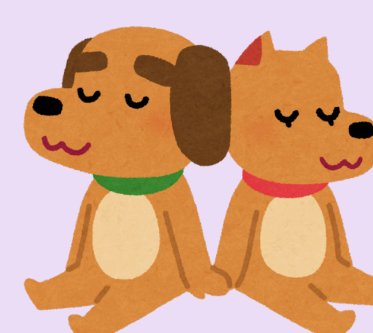
GRATITUDE CIRCLES



DRAGON BREATHING



TIMER STILLNESS



PEER BUDDY BREATHING



COUNT HEARTBEATS



TEACHER NOTES: CALMING & REGULATION STRATEGIES

These calm activities are here to help when the classroom energy is running high- especially during the final stretch of the school year. They're simple, effective ways to bring things down a notch, reset the mood, and help everyone feel a little more grounded. Use them as daily rituals, quick transitions, or just when you need a moment of calm. You don't need fancy tools- just a little space, a few minutes, and an open mind. Let your students guide you toward what works best for them. Here's to finishing the year with a little more ease, connection, and regulation.

- **1 min Run on the spot:** A short burst of movement to release pent-up energy and increase focus.
- **Balloon Breathing:** Place hands on the belly. Inhale slowly through the nose, expanding like a balloon. Exhale gently through the mouth.
- **Count backwards:** Start at 20 or 10 and count down slowly together to bring attention and calm.
- **Draw a calm place:** Invite students to draw a peaceful scene, real or imagined, that helps them feel safe and relaxed.
- **Weather Check:** Ask, 'What's your inside weather today?' (e.g., sunny, stormy). Builds emotional awareness.
- **Dragon Breathing:** Breathe in through the nose, then blow out a slow, strong breath like a dragon. Fun and regulating.
- **Peer Buddy Breathing:** Sit back-to-back with a partner and try to match breathing. Builds connection and calm.
- **Count heartbeats:** Place hand on chest or wrist. Count heartbeats for 30 seconds. Increases body awareness.
- **Child pose or Cat cow:** Simple yoga poses to release tension and encourage deep, rhythmic breathing.
- **5 deep breaths:** Inhale and exhale slowly five times. Great as a reset after transitions.
- **Mindful Drink Break:** Drink water slowly, paying attention to the temperature and sensation. Grounding and hydrating.
- **Mindful Colouring:** Colour slowly and thoughtfully, focusing on shapes and colours. Promotes mindfulness.
- **5 Finger Breathing:** Trace your hand with one finger. Breathe in as you trace up, out as you trace down.
- **Calm Story Time:** Read a soothing, gentle-paced story aloud to calm the room and foster imagination.
- **Imagine a peaceful place:** Guide students to close their eyes and picture a safe, calm space using their senses. Draw if you like.
- **Stretch and Pause:** Slow stretches with a moment of stillness after each movement. Releases tension.
- **Feelings Check-in:** Use an emotions thermometer to help students identify and rate how they're feeling.
- **Squeeze something:** Use a stress ball or soft object. Squeeze slowly and release. Offers sensory relief.
- **1 song music break:** Play a calming song or classical music and invite students to rest, listen, or sway gently.
- **Timer Stillness:** Use a sand timer or stopwatch. Sit in total stillness until the time is up. Breathe slowly.
- **Gratitude Circles:** Students draw a circle and write one thing they're thankful for inside it. Builds connection and positive emotion.
- **Tense and Release:** Tighten and relax different muscle groups (Shoulders, fists, toes etc). Helps release built-up tension.
- **5-4-3-2-1 grounding:** Name 5 things you see, 4 feel, 3 hear, 2 smell, 1 taste. A powerful grounding tool.
- **Diffuse a favourite scent:** Use a diffuser and calming essential oil (if appropriate) like lavender or orange for sensory soothing. Ask student to raise hands when they can smell it.

