

Suggested Calming Activities for the Spirited Child

EXERCISE	
Younger Children	Older Children and Adults
Crawling	Roller-blading
Riding a tricycle	Weight lifting
Chasing a ball	Aerobics
Climbing	Walking
Obstacle course	Sports
Dancing	Dancing
Tumbling	Ice-skating
Running	Running

REPETITIVE MOTION	
Younger children	Older children and adults
Sucking: nursing, bottles, pacifiers, thumb	Drinking from a straw
Swinging	Swinging
Rocking	Chewing gum or licorice
Riding a rocking horse	Rocking
Riding a tricycle	Jumping rope
Riding in a baby carrier	Jumping on trampoline
	Going for a walk
	Riding a bike
	Talking to a friend
	Going for a walk

DEEP BREATHING	
Younger children	Older children and adults
Blowing bubbles	Counting to ten
Blowing out pretend birthday candles	Placing a hand on your belly and breathing from there
	Taking three deep breaths before responding

CHANGE OF SCENE OR ACTIVITY

Younger Children	Older Children and Adults
Going outside	Going outside
Hugging	Hugging
Singing	Singing or whistling
Listening to music	Playing an instrument
Playing with modeling dough	Watching a funny movie
Dancing	Dancing
Taking a bath	Taking a bath or shower
Getting a massage	Working on a card collection or other hobby
Taking a break in a quiet space	Taking a break
Playing with water in the sink or a dishpan	Cooking or baking
Playing in sand or a dishpan of rice	Talking to a friend
Holding a blanket or favorite "lovie"	Cleaning
Playing with puppets, stuffed animals	Knitting
Playing with Legos or Duplos	Woodworking
Reading	Reading
Coloring or drawing	Drawing or painting
Being held	Getting a massage
Stroking pets	Stroking pets
Going for a walk	Walking
	Gardening

HUMOR

Younger Children	Older Children and Adults
Being silly	Being silly
Creating imaginative characters	Making funny comments
Doing funny voices	Giving unexpected reactions
Making silly noises	Telling jokes
Playing with puppets	Being playful