



Lay or bounce on a ball



Sing the ABCs forwards or backwards



Build with blocks



Go for a run



Swing



Pet a cat or dog





Play a hand game



Smell flowers or diffuse essential oils



Draw with chalk



Listen to music



Go for a walk



Chew gum or suck on a hard candy





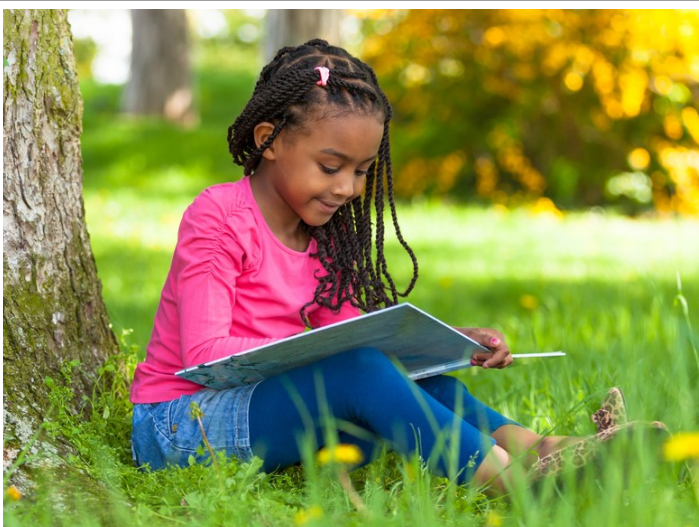
Go to a quiet place



Paint a picture



Do a maze, dot to dot, or word search



Read a book



Count slowly forwards or backwards



Ask for a hug





Listen to an audiobook



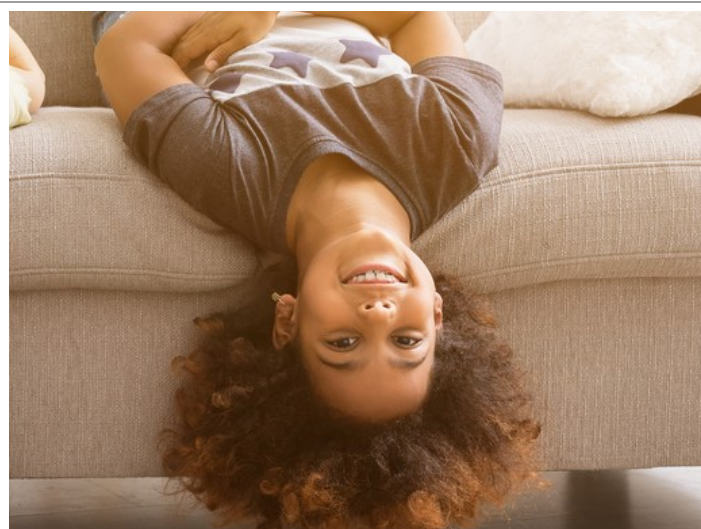
Choose a fidget to play with



Take a drink of water



Wrap up in a blanket



Invert head or hang upside down



Close or cover your eyes





Do a puzzle



Hum or sing a song



Do yoga



Take 5 deep breaths



Ride a bike or scooter



Draw a picture





Play hopscotch



Jump on a trampoline



Blow bubbles



Climb a tree



Play an instrument and make music



Do a heavy work activity or chore





Do exercise or play with a ball



Relax in a comfy chair, fort, or ball pit



Look at a calming sensory bottle



Do animal walks



Dance



Do some skipping





Do a cartwheel



Take a bubble bath



Drink a smoothie through a straw



Make silly faces in a mirror



Drink a warm beverage



Watch an hourglass or lava lamp