
















Self calming

Visual charts are a fantastic way to help children to communicate about their feelings. For people of any age, having a simple way to help us both reflect on and communicate about our feelings helps us to let people know what is happening inside for us, and by doing so helps us to get what we need from other people.

Overleaf is a schedule or selection of items that children can choose in order to help them calm down. This can be used as a means of helping children to identify what works best for them when they are feeling overwhelmed, in addition to giving them ideas if they are feeling stressed and distressed.

To use this chart, simply place it in a prominent place at home, and talk to your child about when they can use the chart. Some squares have also been left blank in order to give your child space to add their own calming ideas.

<p>Ride or scoot</p> 	<p>Talk with someone</p> 	<p>Swing</p> 	<p>Write</p> 
<p>Read</p> 	<p>Play with something</p> 	<p>Trampoline</p> 	<p>Walk away</p> 
<p>Paint</p> 	<p>Breath</p> 	<p>Listen to music</p> 	<p>Take a bath</p> 
<p>Shoot or kick a ball</p> 	<p>Get a snack</p> 