

# Calming Strategy Links and Ideas for All Classes

- Yoga <https://www.youtube.com/watch?v=vYQy8-7Ut1E&app=desktop>  
More yoga <https://www.youtube.com/watch?v=Td6zFtZPkJ4&feature=youtu.be>
- Yoga with Adrienne (and her dog Benji)  
[www.youtube.com/user/yogawithadriene](http://www.youtube.com/user/yogawithadriene)
- Cosmic Kids Yoga Adventures  
[www.youtube.com/watch?v=pn65ltyntp4](http://www.youtube.com/watch?v=pn65ltyntp4)
- 5-minute cardio video  
<https://m.youtube.com/watch?v=R0mMyV5OtcM>
- Relaxing music for primary  
<https://www.youtube.com/watch?v=5HrkXT5Bc9E&feature=youtu.be>
- Spend some time relaxing in Yellowstone National Park  
<https://www.youtube.com/watch?v=1VyhG3ypG5s&feature=youtu.be>
- Online jigsaw puzzle  
[www.jigsawplanet.com](http://www.jigsawplanet.com)
- Digital coloring  
[www.coloring.com/pictures/geo-portrait](http://www.coloring.com/pictures/geo-portrait)
- Preschool and Kindergarten:
  - Breathe, Think, Do with Sesame Street (This is a great app to help young kids with calming strategies.)
- Things to do without technology:
  - \*Writing/drawing: Ask students to write or draw a picture showing how they felt during the drill. This can be done while listening to calming music.
  - \*Play-doh
  - \*For students who may need their own space, a calming corner is a great place for them to “get away” for a few minutes. See [Appendix I: Calm Down Strategies after Safety Practice](#) for print-outs to hang in your calming corner.
  - “\*Write your own calming song as a class to the tune of a familiar song. This one is to the tune of Row, Row, Row Your Boat.”
  - Let’s sing our calming song and get back to our place.  
Practice, practice, practice, practice. This helps keep us safe.