

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
- Cosmic Kids Yoga Adventures
www.youtube.com/watch?v=pn65ltyntp4
- 5-minute cardio video
<https://m.youtube.com/watch?v=R0mMyV5OtcM>
- Spend some time relaxing in Yellowstone National Park
<https://www.youtube.com/watch?v=1VyhG3ypG5s&feature=youtu.be>
- Online jigsaw puzzle
www.jigsawplanet.com
- Digital coloring
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.