


# 12-Days of Calmness





**“Calm” is probably a word you hear a lot. “Calm down!” “We’ll start the story when everyone is calm!”**

**But what does calm even mean?!**

**Calm means that your body and your brain are feeling relaxed. Your breathing is slow, and you’re thinking about things that make you feel peaceful. Some kids feel this way when they’re getting ready to fall asleep at night. Some kids feel this way when they’re watching a show or playing a game. Some kids feel this way when they’re getting a big hug from someone they love.**

**It is important to be able to help yourself find your calm. What works for your grown-ups might not be something that works for you. And what feels good to you might not feel right to your best friend.**

**This book has some activities to find your calm. Try the ones that sound interesting to you.**

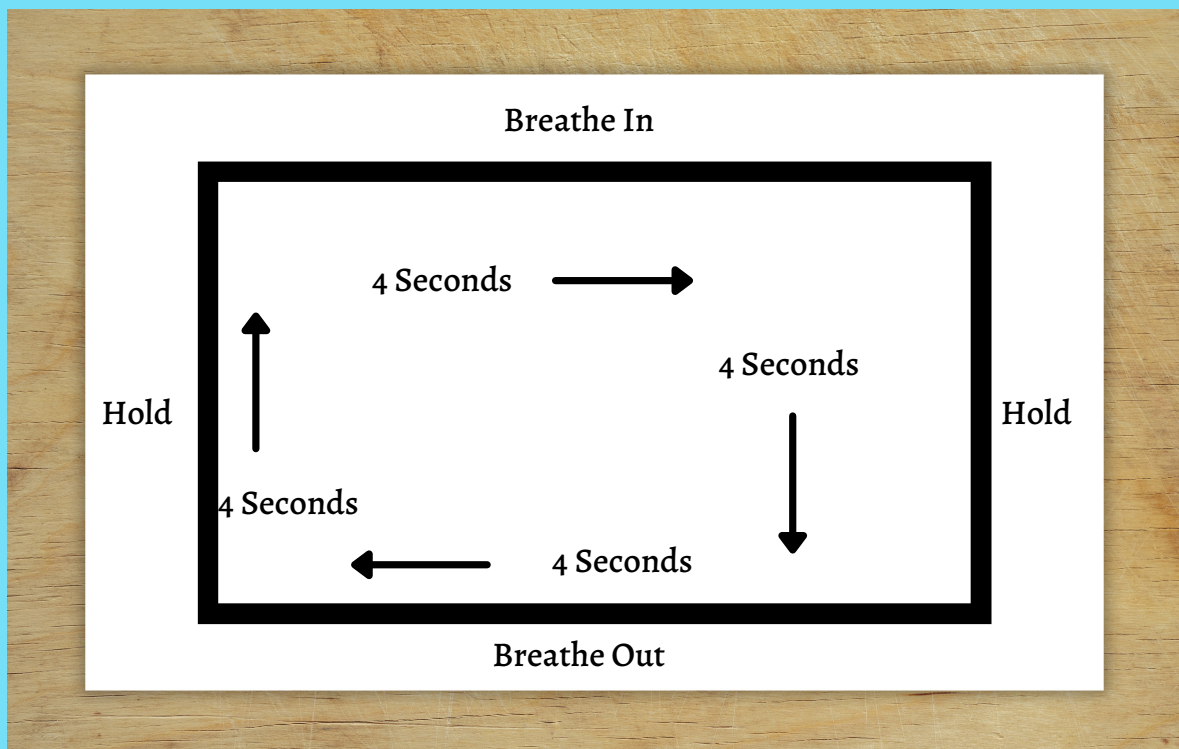
**If you try one, give yourself a ✓**



## Day 1 Deep Breathing Square Breathing

Square breathing is a deep breathing technique that can help you slow down your breathing. It works by distracting your mind as you count to four, calming your nervous system, and decreasing stress in your body.

Sit in a chair or lie down on the floor. Take a slow breath while counting to 4 in your mind. Hold your breath while you count to 4 again. Slowly let your breath out while you count to 4. Sit quietly while you count to 4. Repeat. Sometimes it helps to imagine a box or square:

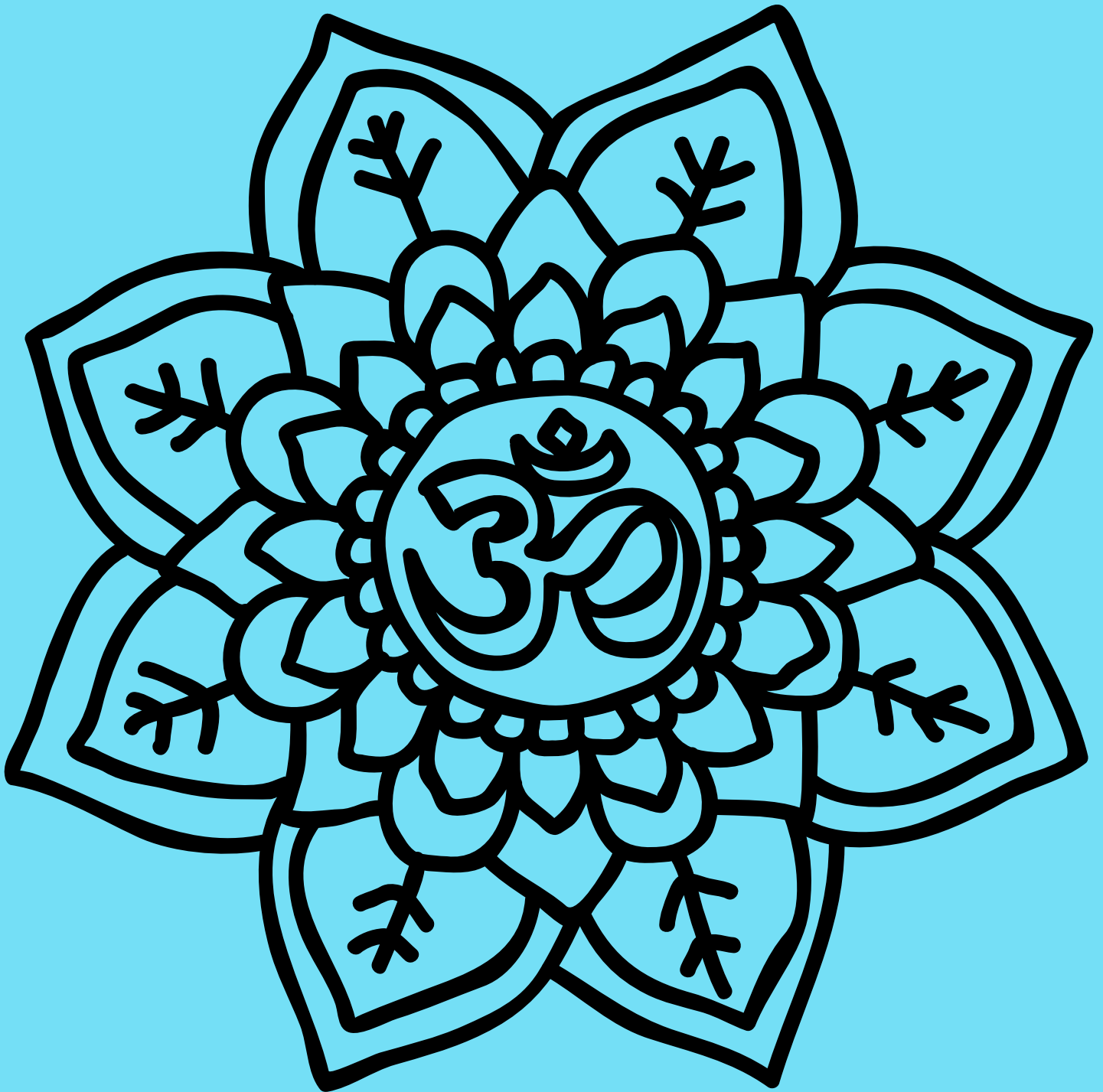


I tried it ☐

I would do it again ☐

## Day 2 Art Project Mandala

Here's a beautiful mandala- color it in!



I tried it ☐

I would do it again ☐

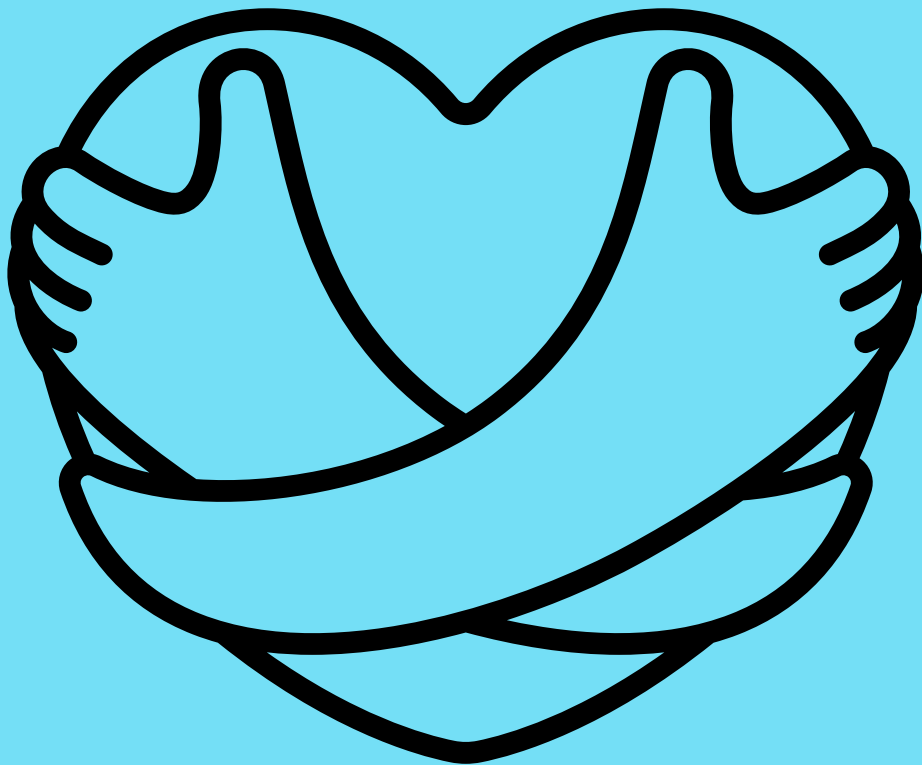
**Day 3**  
**Squeeze Hug**

**Wrap your arms around your body, and squeeze really tight.**

**Count 1 – 2 – 3, and let go.**

**Wrap your arms around your body again and give yourself  
another squeeze.**

**Count 1 – 2 – 3 and let go.**



**I tried it ☐**







**I would do it again ☐**


## Day 4

### Use a feelings thermometer

A feelings thermometer is a way to express your feelings on a scale. Sometimes when we're having **BIG FEELINGS**, it can be hard to talk about it. But coloring about it can be easier.

**FEELINGS THERMOMETER**  
how are you feeling?

HAPPY	SAD	ANGRY	WORRIED	TIRED	ANNOYED
VERY HAPPY	VERY SAD	VERY ANGRY	VERY WORRIED	VERY TIRED	VERY ANNOYED
HAPPY	SAD	ANGRY	WORRIED	TIRED	ANNOYED
NOT HAPPY	NOT SAD	NOT ANGRY	NOT WORRIED	NOT TIRED	NOT ANNOYED
					

 **ZENCARE**  
FIND YOUR IDEAL THERAPIST

I tried it ☐

I would do it again ☐

## **Day 5**

### **Calming Jar**

**To make a calming jar, you'll need:**

- **A clear jar or plastic bottle**
- **Warm water**
- **2oz of glitter glue**
- **3 drops of gel food colouring**
- **2 - 3 oz glitter**

- 1.Fill your jar one third of the way with warm water.**
- 2.Add your glitter glue and food coloring.**
- 3.Stir.**
- 4.Add the glitter.**
- 5.Fill up the rest of the jar with warm water.**
- 6.Put on the top, shake it up, and watch it settle!**



**I tried it ☐**

**I would do it again ☐**

## **Day 6 Positive Self-Talk**

**Positive self talk is telling yourself  
good things – about yourself!**

**Things like–**

**“I’m awesome!”**

**“I’m a great artist!”**

**“I love how friendly I am!”**

**“I’m super good at soccer!”**

**And anything else you love about yourself!**

**I tried it ☐**

**I would do it again ☐**



## **Day 7**

### **Write a story**

**Write a fun little story about whatever you want!**

**Once you're ready to start writing, use these creative writing prompts to get your stories started:**

- **On a dark and stormy night...**
- **You have travelled into space. What do you see?**
- **Write a story that includes the following: "Watch out for the monkey!"**
- **An old man throws a coin in a wishing well. What does he wish for?**
- **Write about a day from the perspective of a dog**
- **A prince decides he wants to be a villain rather than a hero**
- **A bird turns into a human for a day**
- **You now have a super power. What is it and what do you do with it?**

**Anything else you want!**

**I tried it ☐**

**I would do it again ☐**

## Day 8 Exercise

- Run around a bit! If you can, go to the playground and run around with friends!
- Do ten jumping jacks – in a few minutes, do ten more!
- Do ten squats – hold your hands out in front of you and squat down a little with your legs!
- Crab walk – Sit down. Push your rear end off the floor with your hands and legs. Start walking!
- Lay on your stomach and raise your front half of your body up! Do this a few times on a rug.



I tried it ☐

I would do it again ☐

**Day 9**  
**Make a worry box**

**A worry box is a place to write down your worries  
and put them in a box so you won't have  
to carry them around anymore.**

**Do this with a loved one and they can help you  
get rid of your worries!**



**I tried it ☐**

**I would do it again ☐**

## **Day 10**

### **Make your own stress ball**

- 1. Get a balloon and blow it up! Not too much, but enough to fit in your hand- and make sure to keep the hole covered so you don't lose air!**
- 2. Put a funnel in the hole of the balloon, and pour flour into the top! Make sure to keep holding the entrance.**
- 3. Once it has enough for you, take the funnel out and let out the excess air.**
- 4. Tie it up- you've got your own stress ball!**



**I tried it ☐**

**I would do it again ☐**

## Day 11 Yoga

**A- Tree pose:** Stand on one leg and clasp your hands together above your head- hold it!

**B- Big toe pose:** Lean down as far as you can and touch your toes!

**C- Cow pose:** Get on your hands and knees and let your back sag all the way down!

**D- Downward dog pose:** Do the same as cow pose, but arch your back all the way up!

**E- Lunge pose:** Get down on one knee, and let your other leg extend all the way back!



I tried it ☐

I would do it again ☐

**Day 12 Play!**  
**A- Board games!**

- Candy Land
- Snakes and Ladders
- LIFE

**B Pretend Play Ideas/Prompts**

- Be a pretend chef with your toys!
- Give your parents some of the food.
- Play superheroes- you can pretend to be a superhero
- and rescue people from bad guys!


**C Build something/Lego prompt**

- Build your name in legos!
- Bonus points for your last name!
- Build a cool lego robot!
- Build a tower with 100 bricks!

**Make it really high!**

**I tried it ☐**

**I would do it again ☐**



**I hope that you had fun with these activities, and that some of them helped you find your calm. Keep practicing! The more you practice, the easier it will become.**

**Happy holidays!**

**Amy**

