

Calming Techniques

Click on the video to find out how you can relax and calm down.



Calm-Down Strategies for Kids (And Grown-Ups Too!)

Sometimes we all find ourselves getting a little too anxious, angry or stressed. As adults this can be difficult to manage, and for children even more so. Here are some ideas for simple calm-down strategies to try when things become a little too much. Try a few and see which ones work best for you.

