

Calming Strategies June 2020

Conscious Discipline™ Calming Strategies • Becky Bailey



Balloon • *El globo*

Place hands on head and lock fingers together. Breathe in deeply and raise your hands over your head as if your air were filling up a balloon. Sniff in more air. Sniff in one more time. Then let the air out as you drop your hands back down to your head. Make a "ppppbbbbbbb" sound as the air empties from the pretend balloon. Repeat.

Belly Breathing • *Respirar con la barriga*

Place both hands on your belly. Breathe in and inflate your abdomen. Breathe out and deflate your abdomen. Breathe in and your belly goes up. Breathe out and your belly goes down. Use your hands to feel your belly rising and falling with each breath.

S.T.A.R.

Smile,
take a deep breath,
and
relax.

Roller Coaster Breathing • *Respiración de la montaña rusa*

Squat down with your hands by your side almost on the floor. Swing your arms up as you stand and inhale. Reach your arms up over your head and stretch your whole body to the count of five and exhale as you swoop your arms down and relax your body back into a squatting position.



Drain • *Dejar ir*

Have children extend both arms in front of their body parallel to the floor while making a fist with both hands. Tell them to imagine their hands are faucets. Instruct them to tighten their muscles as tight as they can—their hands, arms, neck, shoulders, and face; then encourage them to exhale slowly while releasing all of their muscles, making a "sssshhh" sound as they pretend to release the water in the faucets. They end with hands open and arms relaxed at their sides. After a few seconds, have them tighten their muscles again and close their fists tightly to stop the water from flowing, and then again release the water and their tension. Explain that releasing the water by relaxing is a strategy that can be used to release stress or tension.



Bunny Breathing • *Respiración del conejito*

Hold one hand up with two fingers standing tall like a peace sign to represent the bunny. The tall fingers are the ears, and the balled hand is the bunny body. Scrunch up your nose and take three short breaths. As you do this, have the bunny's ears go up and down with the breathing. Hold your breath for three seconds and then exhale slowly, moving (hopping) your hand across your body as if the bunny is hopping away. Try to exhale as long as the bunny is hopping.



Breathing Arms • *Brazos que respiran*

Sit cross-legged with your arms at your sides. As you inhale deeply, raise your arms up. As your exhale slowly, move your arms back down to a resting position. Repeat. Make sure the exhale is slower and longer than the inhale. Create as many variations as you can think of by moving the arms in different ways. The goal is to breathe in with one movement and exhale with the next movement.