

# Calming Strategies Smash Mat

Have 6 small balls of playdough ready. Ask the child(ren) **to identify and practice**: breathe in/out, count to 5, hug yourself, lift shoulders up/down 5x, push hands together 5x and roll head 5x. **\*Practice each calming activity with the child (ren).**

Once a child finds the picture s/he was asked to (provide help if needed), label the picture and give the child a ball of playdough to “smash flat” on the picture. **\*Provide help finding the picture and label it if needed.** If you are playing with a group of children, each child has a turn, looking for the picture the adult asks him/her to find.

