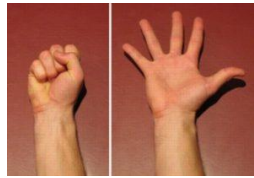


# Calming Strategies Smash Mat 2

Have 6 small balls of playdough ready. Ask the child(ren) **to identify and practice**: smell chocolate/blow out birthday candles, open/close fist 5x, stomp feet 3x, wiggle fingers, pull fingers:1,2,3,4,5 and shake body 3x. 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 for the child if needed. **\*Practice each calming activity with the child.**



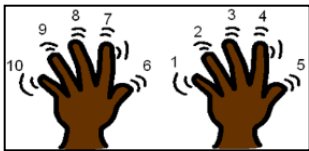
Smell chocolate/blow out birthday candles



open/close your fist 5x



stomp feet 3x



wiggle fingers



pull fingers:1,2,3,4,5



shake body 3x