

Chill Skills

- Finger Breathing
- Tighten & Relax Muscles
- Blow Bubbles or a Pinwheel
- Belly Breathe
- Tell a story
- Hug Someone or a stuffed Animal
- Play with toys
- Sing, Dance, or Listen to Music
- Draw or Color
- Drink Water
- Scream into a pillow
- Count Backwards from the highest number you know
- Say the alphabet backwards
- Create a collage
- Quiet walk