

Fairy Tale

Calm Down Ideas

Breathe

Like the Big Bad Wolf

Lie Down

For a nap like Sleeping Beauty

Imagine

Somewhere quiet, like under the sea with the Little Mermaid

Count

By singing 1, 2 Buckle My Shoe

Have a Snack

Or some porridge like Goldilocks

Read

A fairy tale or anything you enjoy

Hug

Something soft, like Bo Peep's sheep

Take a Walk

In nature like Little Red Riding Hood

