CALMING STRATEGIES

FOR ADULTS



0

DO DEEP BREATHING



HOLD MY PET



DO TAPPING



APPLY CALMING
OILS



TAKE A BRISK WALK



VISUALIZE MY FAVORITE PLACE



0

NAME MY FEELING



CALL A FRIEND



DOODLE



MAKE A CUP OF TEA



READ A POEM



DANCE TO MY FAVORITE SONG



LISTEN TO MUSIC



LAY DOWN WITH EYES CLOSED



KNIT OR CROCHET



GIVE SOMEONE A HUG



TAKE A WARM BATH



HOLD AN ICE CUBE







LISTEN TO NATURE SOUNDS



LOOK AT PHOTOS



JOURNAL



SAY AN AFFIRMATION





DO A FEW YOGA POSES

Over 500,000 children around the world use Big life Journal's products with great success! Join them today!

"At the moment, my child is having a few issues with resilience and frustrations that he only demonstrates at home and this tool kit has been a massive help for me to find him ways to cope with negative self-talk and to build resilience and confidence. I cannot recommend this product enough."

- Natalie R.









"My daughter and I both have struggled with selfesteem. When feelings of inadequacy and low self-esteem are addressed and discussed it makes a huge difference! The Big Life Journal products have given us an interactive and creative way to do this!"

- Sharon B.





Shop All Store

Use our resources and see your children become more CONFIDENT, RESILIENT, and SELF-LOVING!

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