

# Tîm Camau Bach Tips for Calming Down



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Cyngor Sir Gâr  
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- Think about! When children are anxious or angry, they may be unable to cope with their emotions inside which are building up and threaten to overwhelm. Children need a secure adult to help them.
- These situations can often arise away from home. Prepare your child before you go. Explain where you are going and why. What will happen and what time they will be go home. Show your child visually. Stick to the plan!
- Try taking a calm down bag for your child. This could be a ruck sack or bum bag with fidget/favourite toys inside. Make sure the bag is quiet heavy.
- If it's safe for your child encourage chewing gum/ toffees or hard snacks like Pretzels. The sensory input will calm her/him.
- Try blowing bubbles/ keep some in your bag. Breath control needed for bubbles and its calming.
- Carry a cold drink in a sports bottle and offer frequent sips to suck. Ensure the water is ice cold before you leave home.
- Print some calm down cards, laminate and put on a key ring to carry around. Use pictures of calm down activities. Use a textured key ring for twiddling!
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