

# System Practices for Calm and De-Escalation

For Students and Adults

- Text/call a trusted friend or family member
- Write a letter or draw an image of how you feel in the moment
- Place a fan in front of you to feel the moving air
- Sit on your legs or hands for a little while
- Rub a palm stone in your hands for a few sec with deep breaths
- Walk barefoot in nature for a little bit
- Place a baggie of ice on an area of your body
- Create personal calming space at home or at school
- Drum up and down arms or legs to increase circulation
- Make a sensory table or space in your home or school
- Write and describe who you are in a calm state, flight or flight state, and shut down state
- Drum, tap, or nap fingers
- Hum, whistle, or sing
- Wrap up in a blanket
- Take a walk outdoors
- Run hands under warm water
- Chew on Ice
- Splash cold water on your face
- Massage your hands
- Take deep breaths
- Doodle on a piece of paper