

Calming Activities Families Can Do Together

- **Coloring and Painting:**

- Ask children to draw a picture of a school activity from the day. When they are finished, ask questions about that and other things they did.



- **Puzzles:**

- This can be a good, engaging activity for all ages. This activity helps with communication and teamwork.



- **Reading together:**

- Read a book to your child or read a book together with older children.

- **Play with modeling clay or playdoh:**

- Have children pick an animal, food, thing, etc., and create that item with clay or Play-Doh.



- **Exercise Together:**

- Go for a walk or take a yoga class together.

