

Calming Tools

FROM

A TO Z



Art



Belly Breaths



Clenching Fist



Doodling



Eye Pillow



Fidgets



Guided Meditation



Hugs



Indoor Dancing



Jumping



Kneading



Listening



Mindfulness



Nature Walk



Obstacle Course



Pillow Punching



Quiet Reading



Rocking



Sensory Bottle



Tangle Toy



Uphill Running



Visualizing



Writing



Relax with Pets



Yoga



Gardening Zone



How do you find your calm?



Terms of use

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If you're interested in using these resources in your professional practice (as a therapist, coach, etc.) please reach out to support@biglifejournal.com to obtain a professional license.

Please email hello@biglifejournal.com to request a specific use for our printables.

With gratitude,
Big Life Journal team

Hi there

We have loved seeing that our printables have changed so many families! Your thank-you messages have warmed our hearts and inspired us to keep going.

As our valued subscriber, you will be receiving our Free Friday Printables every week, however, now they are **available for just one week after their release.**

So be sure to open your email and download the printable right away!

If you're interested in getting access to our most popular printables and print-free activities for your child's exact needs, we invite you to join GrowthMinded.



GrowthMinded a new membership by Big Life Journal, an award-winning company that is trusted by over 1 million parents, educators, and therapists worldwide.



Resource Library Tailored to Your Children

Explore our library of 300+ age-specific printables and print-free activities. Start with what we **handpicked** for your family!



Resource Library to Support YOU

Find the **exact advice** you need inside our library of 2-minute parenting tips, short scripts, and one-page guides.



Expert-led Workshops and Live Q&As

Learn with our exclusive live Q&As and 7-day pop-up workshops. You will discover the **best tools** to help your child.



Supportive Community You Will Love

Find **valuable support and creative ideas** from other parents and our parent coaches who have already solved similar challenges.



"Big Life Journal resources have significantly **helped our entire family** deal with emotions and have better communication."

-Krista

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