

Calming Activity Diary

To relax I like to....

Read a book



Play with toys



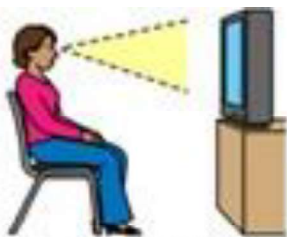
Take a bath



Exercise



Watch TV















watch TV

Listen to music



You could think of other ideas for what helps you feel relaxed and calm and put them on this table. You could try some while you are home from school!

<u>Date/Time</u>	<u>What are you thinking?</u> (What is your mind telling you?)	<u>What are you feeling?</u> (What can you feel in your body?)	<u>What calming activity could you try?</u>	<u>How easy is it to do the strategy?</u> (Put a circle around the answer)
				 Easy  Hard but I Did it!  Hard
				 Easy  Hard but I Did it!  Hard
				 Easy  Hard but I Did it!  Hard
				 Easy  Hard but I Did it!  Hard