

INDOOR ACTIVITIES TO CALM DOWN



FUN WAYS TO FEEL CALM, SAFE AND IN CONTROL

≧ For kids with epilepsy ≦



1



SLOW-MOTION RACE

Who can move from
one side of the room
to the other
as slowly as possible?

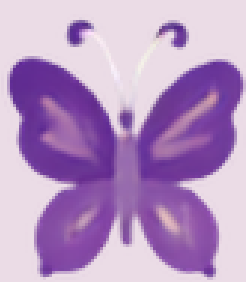


START

★ Go super slow...
try not to rush!

FINISH

2



BUTTERFLY ARMS

Cross your arms
over your chest and
gently move them
up and down like
butterfly wings.



Breathe in...
Breathe out...
You've got this! ♥



Calm body. Calm mind. **You are strong!**

