

Calming Hobbies for Kids - Stress Relief Ideas

Playing the Piano

- Try a beginner digital keyboard
- Create a playlist of songs to learn
- Set a 10-minute quiet playtime daily

Gardening

- Pick easy starter seeds (like sunflowers)
- Use a kid-sized gardening kit
- Track plant growth in a mini journal

Drawing & Coloring

- Use double-ended markers or crayons
- Print calming coloring pages
- Create a mini art corner at home

Yoga & Mindfulness

- Find a kids' yoga video on YouTube
- Use a fun, colorful yoga mat
- Practice 3 calming breaths together

Crafting & DIY

- Start with a bracelet or bead kit
- Display their creations on a wall
- Try one new craft per week