

Calm Down Strategies

Cut the cards apart, punch a hole in each corner and keep them on a ring in the calm down corner.

Take Five Breaths

Trace your hand, breathing in up and out down.

Balloon Breath

Fill your belly like a balloon, then breathe out.

Count to Ten

Count slowly from 1 to 10 in your head.

Square Breathing

In for 4, hold for 4, out for 4, hold for 4.

Squeeze and Let Go

Make tight fists for 5 seconds, then let go.

Five Senses

See 5, touch 4, hear 3, smell 2, taste 1.

Get a Drink

Take slow sips of cold water.

Stretch

Reach up high, then slowly touch your toes.

Draw How I Feel

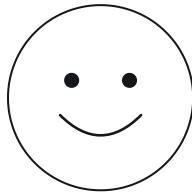
What color is your feeling? How big is it?

Ask for Help

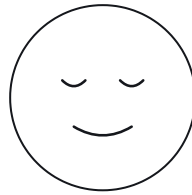
Tell a teacher or a friend how you feel.

How Do I Feel?

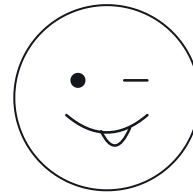
Point to the face that shows how you feel, then to how big the feeling is and what can help.



Happy



Calm



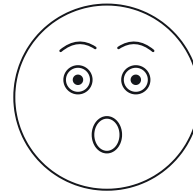
Silly



Sad



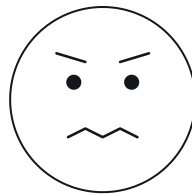
Worried



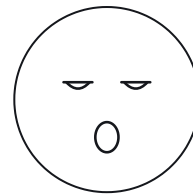
Scared



Angry



Frustrated



Tired

HOW BIG IS MY FEELING?				
1	2	3	4	5
Tiny	Small	Medium	Big	Huge
Keep Going	Take a Breath	Use a Strategy	Take a Break	Ask for Help

Calm Down Check-In

Fill this in when you feel calm and ready.

NAME		DATE
BEFORE, I FELT	I TRIED	NOW I FEEL
☐ Angry ☐ Sad ☐ Worried ☐ Scared ☐ Frustrated ☐ Tired	☐ Breathing ☐ Counting ☐ Squeeze and Let Go ☐ Five Senses ☐ Drawing ☐ Talking to Someone	☐ Calm ☐ Better ☐ A Little Better ☐ Still Upset
WHAT HAPPENED? DRAW OR WRITE		
NEXT TIME I CAN		
I AM READY TO		
☐ Go Back to My Work	☐ Talk With My Teacher	☐ Take Two More Minutes