


Calm Down Cards

Big feelings are okay.  These can help me feel better.

1. Take a Deep Breath



Breathe in slowly...
Breathe out gently.
I can do it.

2. Count Slowly



Count to 5 or 10 slowly.
One number at a time.
I can take my time.

3. Hug Something Soft



Hug a pillow, a soft toy or a blanket.
It helps me feel safe.

4. Squeeze and Release



Make tight fists...
Squeeze... and release.
I can let go.

5. Take a Break



Rest in a quiet place.
It's okay to take a break.
I can rest.

6. Talk About It



Talk to a grown-up I trust.
I can share how I feel.
I am heard.

7. Move My Body



Stretch, dance, jump or shake it out!
Moving helps me feel better.

8. Think Happy Thoughts



Think of something that makes you smile.
I choose kind thoughts.



I am doing my best.

I am strong. I can handle big feelings.



I am amazing!

