



CALM DOWN CHART



Take a nap.



Drink water.



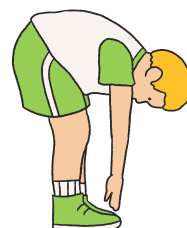
Draw.



Jump.



Watch a funny video.



Stretch.



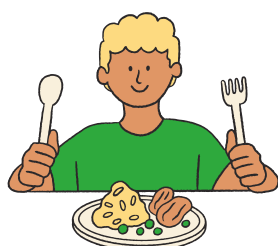
Kick a ball.



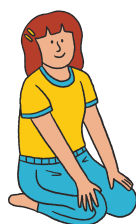
Read a book.



Sing a song.



Eat.



Kneel.



Play with a ball.

CALMING STRATEGIES

When I feel upset, I can choose to ...



take deep
breaths



read a book



listen to music



get some water



count to 10



take a walk



rest on a pillow



think happy
thoughts



hug a stuffed
animal

To calm down, I can...



read



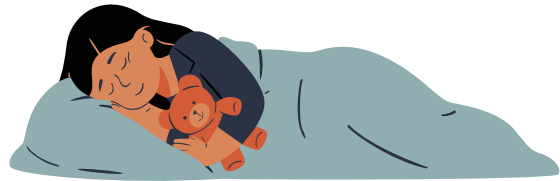
stretch



drink water



draw



rest



clean



think

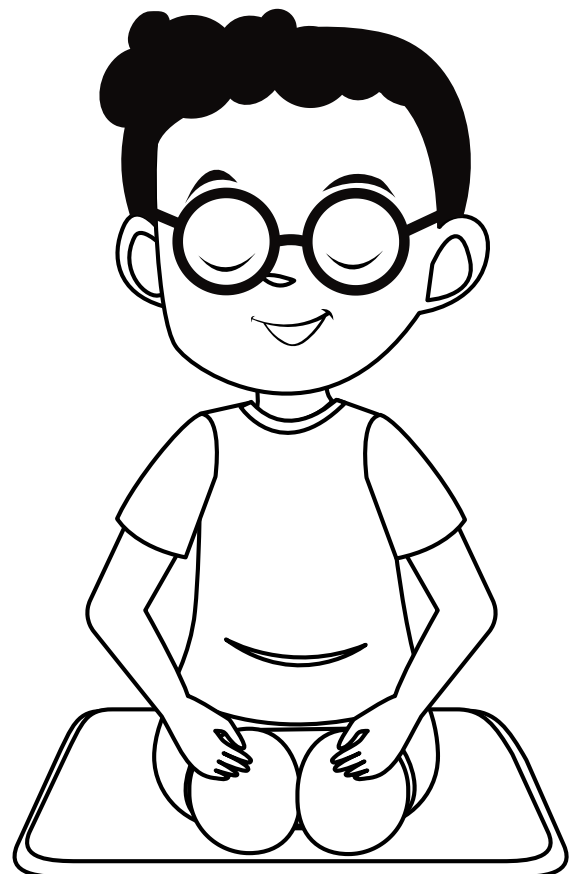


create

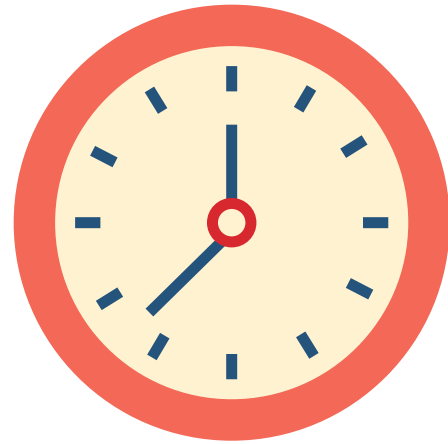
COPING TOOLS

WHAT HELPS ME

- Take slow, mindful breaths
- Drink a warm cup of water
- Rest and take a break
- Stretch
- Journal or write a letter
- Listen to your favorite music
- Talk to someone you trust
- Get a hug
- Play with your pet
- Use positive affirmations
- Use a stress ball
- Blow bubbles
- Make an artwork
- Hug or climb a tree
- Read a book or magazine
- Take a shower or bath



I c a n t a k e t i m e t o
CALM DOWN



stop

think

breathe

one
jump
at a
time



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SELF-REGULATION

CALM DOWN PLAN

- List things that trigger strong emotions and what you can do to calm down in those situations.
- Use this plan when you need it to help self-regulate.

Trigger

Plan

Trigger	Plan



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SELF-REGULATION

CONFLICT RESOLUTION COMIC STRIP

Write a story where two characters have a conflict but resolve it peacefully using self-regulation skills.



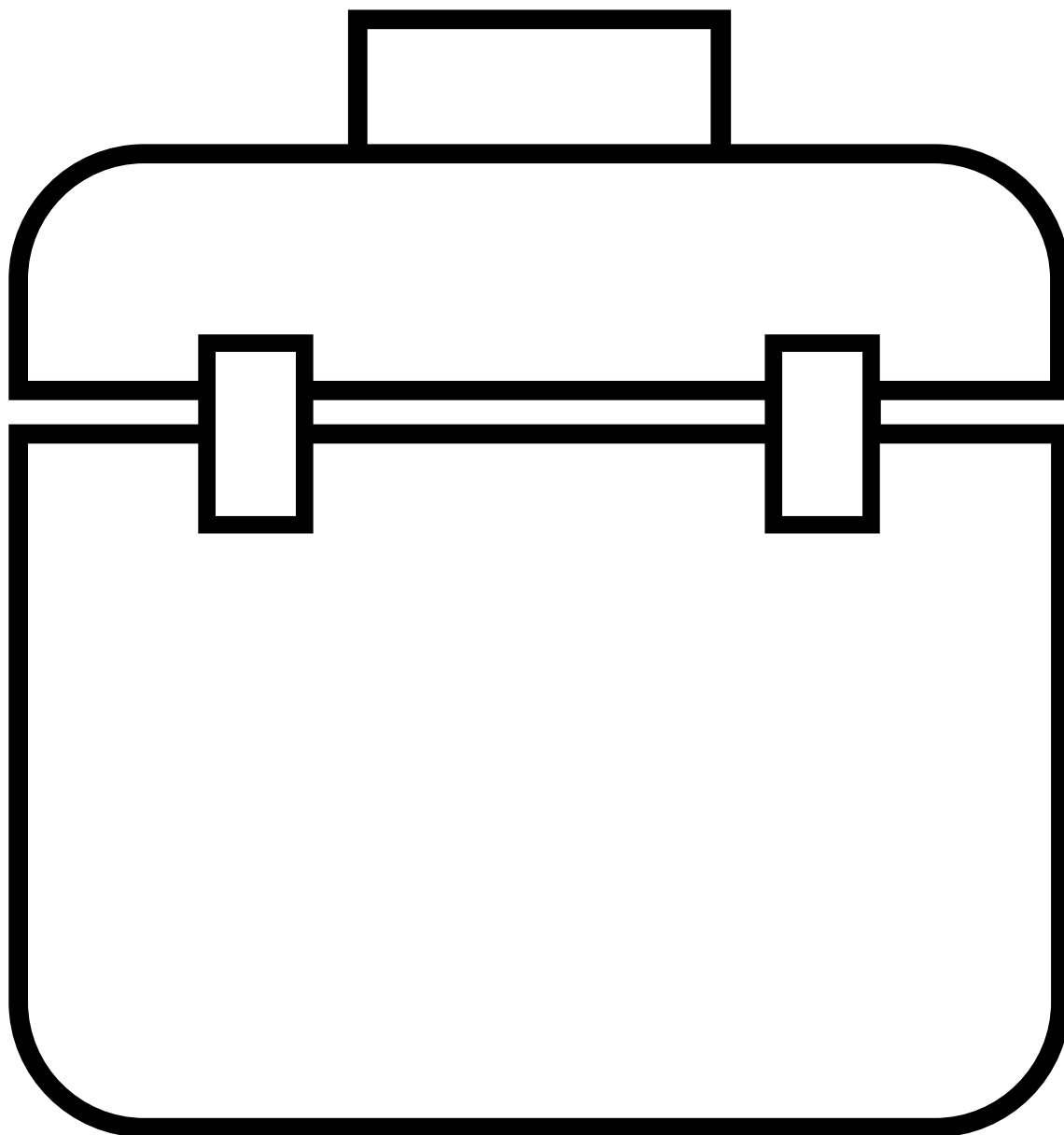
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SELF-REGULATION

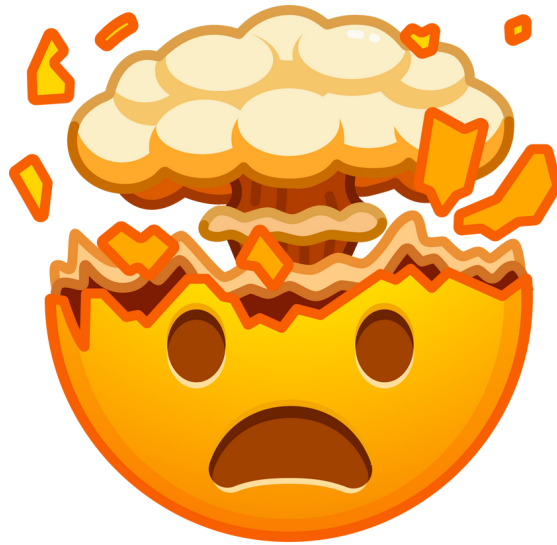
TOOLBOX

- Draw or write tools you can use to regulate your emotions, such as deep breathing, counting to ten, or talking to a friend.
- Decorate your toolbox with your favorite colors.



Self Regulation Ideas for _____

Before I explode, I will...



Circle some ideas you will try.

Count to 10.	Draw a picture.	Take calming breaths.
Take a walk.	Talk with someone.	Take a break.

What helped you calm down today? _____
