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CALM DOWN CARDS

directions: These self-regulation cards can support your child in learni how to deal with big feelings.

- Teach your child how to participate in each calming strategy (use the blank cards to create your own).
- 2. Model how to use calming strategies when you are upset to support your child.
- Place the cards in a basket or jar where your child can easily access them.Prompt your child to choose a strategy when they are dealing with big feelings.



l can take deep breaths. I can use a weighted blanket.



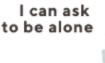
I can use a calming jar.



I can swing.



l can listen to music.





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