



CALM DOWN CARDS

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

1. 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.
3. 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.



I can take
deep breaths.

I can use
a weighted
blanket.



I can use a
calming jar.



I can swing.



I can listen
to music.



I can ask
to be alone



Free
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Calm Down Cards