

Ready to Use Coping Skills Cue Cards Calming Set

33 Great Visuals to Help Kids Calm Down

When I feel _____,
I can...

take a deep breath
using a star



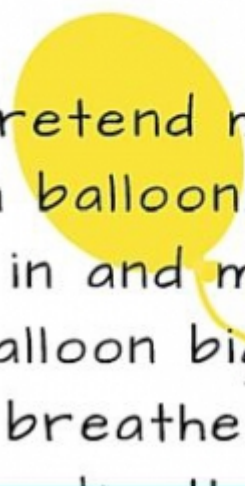
When I feel _____,
I can...

take a
deep
breath
using a
pinwheel



When I feel _____,
I can...

Pretend my belly is
a balloon. Breathe
in and make the
balloon bigger, then
breathe out and



When I feel _____,
I can...

run
water
over my
hands

