

CALM DOWN CARDS

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directions: These self-regulation cards can support your child in learn 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.



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I can listen to music.



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