

Calm-Down Cards

Print, cut out, and keep these six cards handy. Offer one to a child when big feelings arrive. Concrete actions, no clinical language.

- - - - - cut along the dotted lines - - - - -



Three slow breaths

Breathe in while I count to three. Breathe out slowly, like blowing out a candle.



Squeeze and let go

Make tight fists. Hold for three. Then let your hands go soft and floppy.



Five quiet things

Look around and find five things you can see. Name them slowly, one at a time.



A sip of water

Take a slow drink of water. Feel it cool and quiet on the way down.



Hug something soft

Hold a soft toy, a blanket, or a grown-up. Stay as long as you need.



Feet on the floor

Press both feet flat on the ground. Feel how steady and still the floor is.