

Calm-Down Cards

Cut these out. When feelings get big, pick one and try it together.



Lion Breath

Breathe in, then roar it all out like a lion.



Balloon Breath

Breathe in slowly and grow like a big balloon.



Squeeze & Let Go

Squeeze your hands tight, then let them flop.



Find Five

Look around and name five things you can see.



Big Squeeze

Wrap your arms around yourself for a warm hug.



Sip Some Water

Take a slow, cool sip of water.



Reach & Stretch

Reach up high, then gently touch your toes.



Cosy Corner

Find a quiet, comfy spot to rest for a moment.