

CALM DOWN STRATEGIES

It's okay to feel big feelings.
I can use calm down strategies to help me feel better.

1

HOW DO I FEEL?

It's the first step to get back to calm.
Name how you feel.



ANGRY



WORRIED



OVERWHELMED



FRUSTRATED



SAD

2

STRATEGIES I CAN TRY

I can try these to help me feel calm again.

TAKE DEEP BREATHS



Breathe in slowly through my nose.
Breathe out slowly through my mouth.

DRINK WATER



A drink of water can help my body and mind.

QUIET SPACE



I can take a break in a quiet space to relax.

MOVEMENT BREAK



Move my body to release energy.

SENSORY BREAK



Use something that helps my senses feel calm.

HUG A PILLOW



A big squeeze can help me feel safe and calm.

TALK TO SOMEONE



I can talk to someone I trust about how I'm feeling.

COUNT SLOWLY



Count to 5 slowly. It helps me pause and calm down.

3

MY CALM PLAN

My plan helps me when I have big feelings.



What helps me most?



Where is my calm space?



Who can help me?



Big feelings are okay. I can use my strategies and ask for help.

