

CALMING STRATEGIES



Art and drawing



Water and snacks



Complete a puzzle



Hug a stuffed animal



Journaling



Talk to someone you trust



Do jumping jacks



Listen to music



Ask for a hug



Think positive thoughts



Watch a funny video



Go for a walk



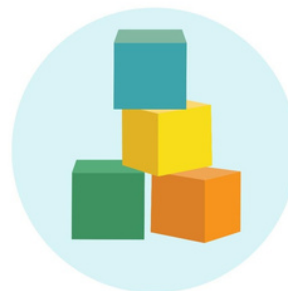
Stress ball or fidget tool



Deep breathing



Read a book



Build something



Have a warm drink



Ask for help

CALMING DOWN

I FEEL	MY CHOICE	I FEEL

FEELING CARDS



Happy



Angry



Hurt



Scared



Curious



Shy

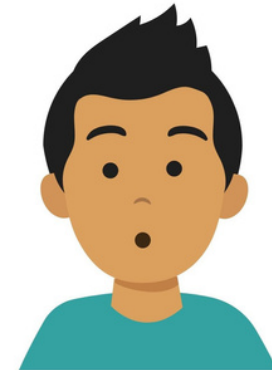
FEELING CARDS



Silly



Sad



Surprised



Loved



Grumpy



Calm

FEELING CARDS



Awkward



Proud



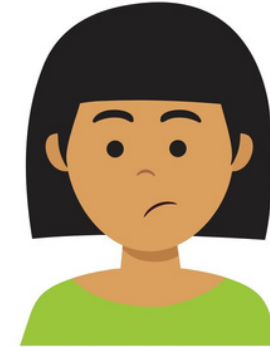
Anxious



Worried



Jealous



Guilty

FEELING CARDS



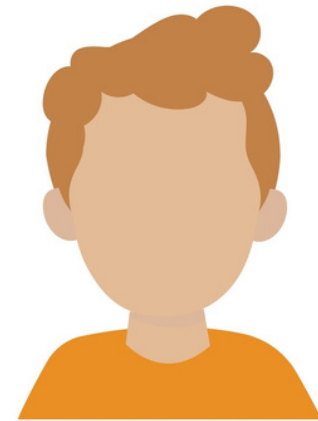
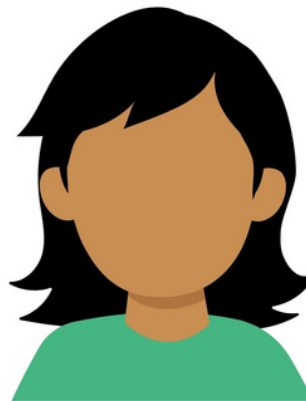
Confused



Excited



Peaceful



Blank cards for you to fill up your own expressions!

MENTAL BREAK



Read a book



Complete a puzzle



Art and drawing



Watch a funny video



Coloring



Singing

PHYSICAL BREAK



Trampoline



Jump rope



Do jumping jacks



Go for a walk



Ride a bike



Gardening

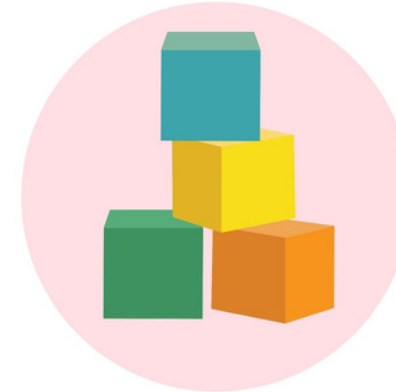
SENSORY BREAK



**Stress ball
or fidget tool**



Listen to music



Build something



Blow bubbles



Take a bath



**Hug a stuffed
animal**

MINDFULNESS BREAK



Yoga or stretch



Deep breathing



Journaling



Think positive thoughts



Practice gratitude



Positive Affirmations

MINDFULNESS



**Visualize a
happy place**



**Forgive and
move on**



**Enjoy sight and
sound of nature**

SOCIAL SUPPORT



**Talk to someone
you trust**



Ask for a hug



Ask for help

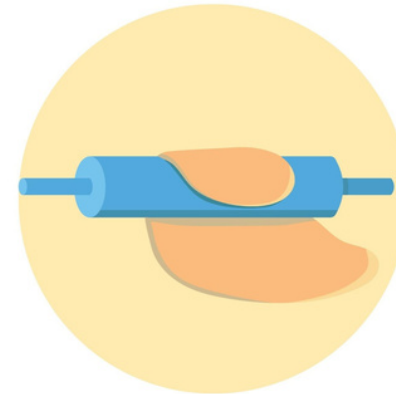
OTHERS



**Have a warm
drink**



**Water and
snacks**



**Cooking and
baking**



**Play with
your pet**



**Clean and
de-clutter**



**Get enough
rest**