

My Calm Down Toolkit

Sometimes big feelings happen, and that's okay.
Here are the tools I can use to help me feel calm, safe, and in control.

Breathing Tools

Choose one:

- Smell the flower, blow out the candle (inhale + exhale)
- Put a stuffed animal on my belly and watch it rise and fall
- 5 Finger Breathing (trace each finger slowly while breathing in and out)
- Try a breathing video or app

Movement Breaks

Ways to move my body and shift my energy:

- Jumping jacks (count to 10)
- Animal walks (frog hops, bear crawls)
- Shake out my hands, arms, and legs
- Go for a short walk or stretch

Calm Space Ideas

Things I can keep in my calm corner:

- Soft pillow or blanket
- Fidget toys or stress balls
- A glitter jar or lava lamp
- My favorite stuffed animal or calming photo

Activities That Help Me Reset

Things I like to do when I need to feel calm:

- Coloring or drawing
- Listening to quiet music or nature sounds
- Reading a book
- Doing a puzzle or building with blocks

Naming My Feelings

I can ask myself:

- What am I feeling right now? (circle one or write it in!)
 - Angry - Frustrated - Sad - Nervous - Tired - Overwhelmed - Confused -
 - Other: _____
- Where do I feel it in my body?
- What do I need right now?

My Personal Plan

When I feel overwhelmed, I will:

1. _____

2. _____

3. _____

