SEL · MINDFULNESS AND CALMING · GRADES K–3

Calm-Down Strategy Cards

Nine cut-apart cards with a calm-down strategy on each, like squeeze, push and hum, for a calm-down corner or a pocket.

Name: _____ **Date:** _____



✂ **Cut on the dashed lines. Keep the cards in your calm-down corner.**

Squeeze

Squeeze your fists tight, then let go.

Count

Count slowly to 10 and back down.

Sip

Drink a cool glass of water.

Push

Push your hands hard against a wall.

Hug

Give yourself a big, tight hug.

Shake

Shake out your arms and legs.

Hum

Hum your favorite song softly.

Draw

Draw how you feel, then color it.

Ask

Ask a grown-up to help you.

Art © Kevin Coulston