SEL · MINDFULNESS AND CALMING · GRADES K–3

Calming Choices

Color the twelve choices that help your body calm down and cross out the ones that do not.



Name: _____ **Date:** _____

Color the choices that help your body calm down. Put an X on the ones that don't.

take 5 slow breaths	yell at a friend	count to 10
squeeze a stress ball	throw a toy	get a drink of water
slam the door	hug a stuffed animal	stretch like a cat
kick the wall	draw a picture	talk to a grown-up

My top calming choice at school: _____

My top calming choice at home: _____

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ANSWER KEY · MINDFULNESS AND CALMING · GRADES K–3

Answer Key: Calming Choices

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Color the choices that help your body calm down. Put an X on the ones that don't.

take 5 slow breaths	~~yell at a friend~~	count to 10
squeeze a stress ball	~~throw a toy~~	get a drink of water
~~slam the door~~	hug a stuffed animal	stretch like a cat
~~kick the wall~~	draw a picture	talk to a grown-up

My top calming choice at school: _____

My top calming choice at home: _____

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