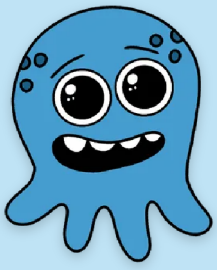
SPECIAL EDUCATION · K–5TH GRADE · CALM DOWN · 1 OF 5

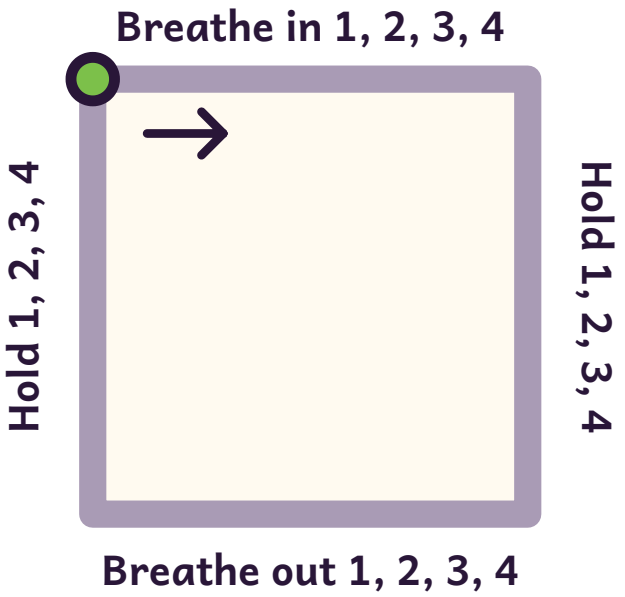
Square and Star Breathing

Trace the shape with your finger. Breathe in and out as the words say.

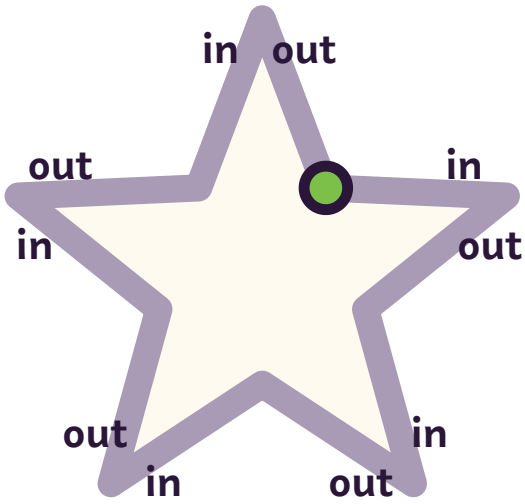
Name: _____ **Date:** _____



Square breathing



Star breathing



After my breathing, I feel...



Go slowly. Count to 4 on each side of the square. On the star, breathe in going up and out going down.

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How Do I Feel? Check-In

Circle how you feel. Then circle what you need.

Name: _____ **Date:** _____



1. Right now I feel...

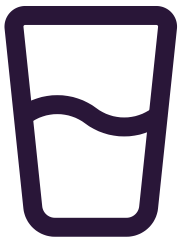


happy | okay | sad | mad | worried | silly

2. I need...



a break



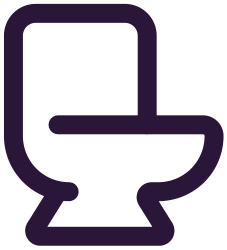
water



help



a hug



the bathroom



a snack



quiet



nothing, I am good

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Break Cards

Cut out the cards. Show a card when you need a break.

Name: _____ Date: _____



✂ Cut on the dashed lines.

I need a break

Get a drink

Take a walk

Quiet corner

Headphones

Deep breaths

Read a book

5 more minutes

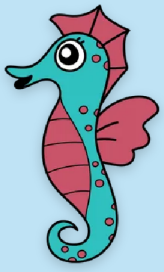
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My Calm-Down Menu

Circle the things that help you calm down. Star your favorite.

Name: _____ **Date:** _____



Take 5 deep breaths	Drink water	Take a walk	Read a book
Draw or color	Listen to music	Squeeze a pillow	Count to 20
Sit in a quiet spot	Talk to a grown-up	Do a puzzle	Push hands together

My favorite way to calm down:

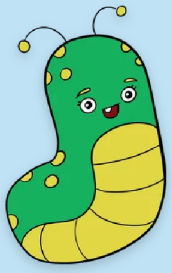
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SPECIAL EDUCATION · 1ST–5TH GRADE · CALM DOWN · 5 OF 5

My Sensory Helpers

For each sense, check what is true for you. Then write what helps.

Name: _____ **Date:** _____



	Bothers me	I like it	What helps me
Loud sounds	☐	☐	
Bright lights	☐	☐	
Touch and textures	☐	☐	
Moving and spinning	☐	☐	
Strong smells	☐	☐	
Busy, crowded places	☐	☐	

One thing my teacher can do to help me:

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