Calm Down Corner

DAILY MOM
dailymom.com

CALMING STRATEGIES

1

Take deep breaths

write down your feelings

2



3

squeeze something



4

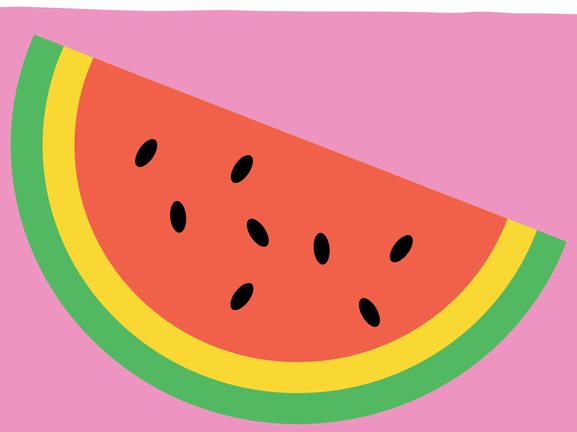
talk it out

explore your senses

5

listen to music

6



drink & snack

7

explore nature

8

GROUNDING TECHNIQUE

Start by finding:

5 THINGS YOU CAN **SEE**



4 THINGS YOU CAN **TOUCH**



3 THINGS YOU CAN **HEAR**



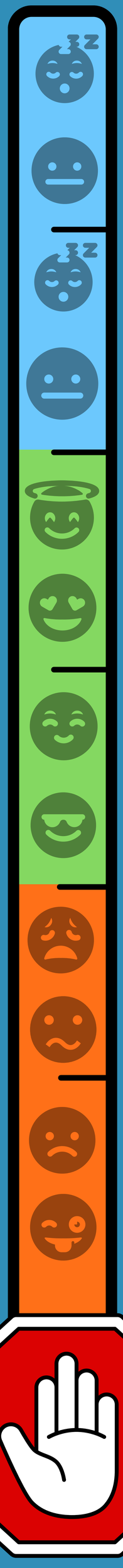
2 THINGS YOU CAN **SMELL**



1 THING YOU CAN **TASTE**



WHAT ZONE AM I IN?



AIM FOR HERE

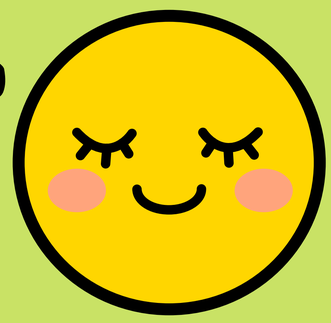
REST ZONE



TIRED
SAD
SICK
BORED



READY TO LEARN



Calm
Happy
Ok
Ready



SPIKING



Silly
Restless
Hyper
Confuse

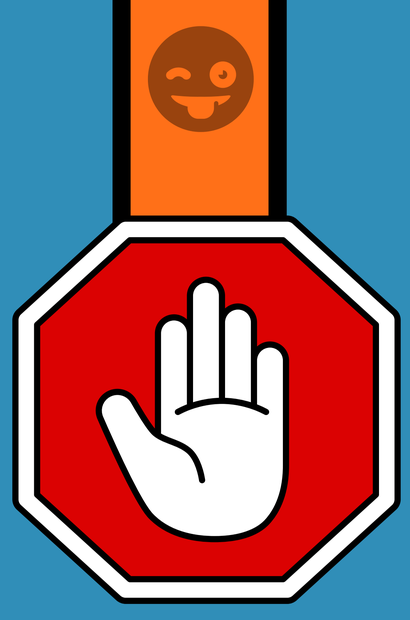


STOP



Mad
Hitting
Frustrated
Yelling





STRATEGIES TO HELP ME WITH

EMOTIONAL REGULATION

LIFT SOMETHING HEAVY



STRETCH



SQUEEZE AND RELEASE



TALK TO AN ADULT



HAVE A SNACK



DRAW



COUNT



SELF TALK



WALL PUSH UP



HAVE A REST



BREATHE



THINK OF A CALM PLACE



I am kind

I am strong

I am enough

I am special

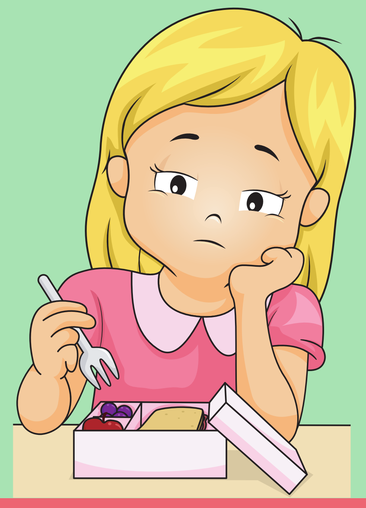
I am confident

I am courageous

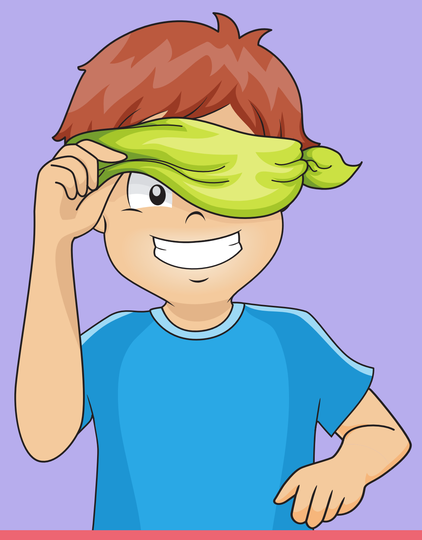
Feelings & Emotions



PROUD



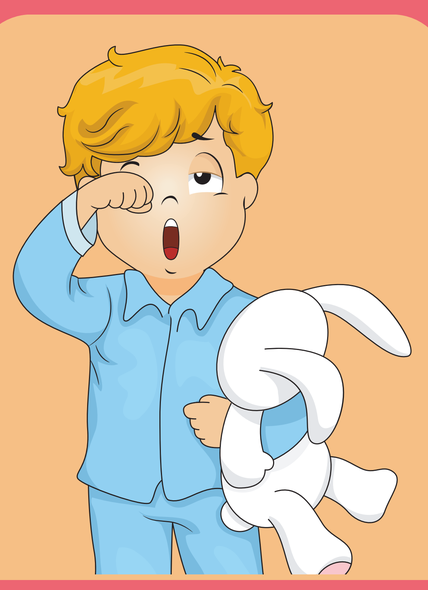
BORED



CURIOUS



PLAYFUL



TIRED



HUNGRY



ANGRY



WORRIED



SCARED



HAPPY



CONFUSED



NERVOUS



DISGUSTED



ANNOYED



SAD



AMUSED

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