

● Calm Down Choices

Name: _____

Date: _____

Say each choice. Trace the word.



breathe breathe



count count



hug hug



drink water drink water



listen to music listen to music



draw draw



squeeze a pillow squeeze a pillow



ask for help ask for help

● Circle Your Favorites

Name: _____

Date: _____

Circle the calm-down choices you like best.

calm



calm



● Calm Down Pictures

Name: _____

Date: _____

Read each idea. Draw your picture in the box.

Draw yourself taking a deep breath.

Draw your calm place.

Draw someone who helps you feel calm.

Draw your favorite calm-down choice.

● My Calm-Down Plan

Name: _____

Date: _____

Fill in your plan with a grown-up.

When I feel upset, my body feels:

The first thing I can do is:

Then I can:

A grown-up who can help me is:
