# Calm-Body Choice Cards

Pre-K-Grade 2 | Emotions and routines | Parent-guided | Ink-Saver B&W

Learner: _____ Date: _____

**Cut out the cards. Choose one safe idea to try with a grown-up when your body needs a pause. You may point instead of cutting.**

### BREATHE

Smell a flower; blow a candle.

TRY

### SQUEEZE

Press hands together, then relax.

TRY

### WATER

Ask for a small sip of water.

TRY

### HELP

Tell a trusted grown-up.

TRY

### COUNT

Count slowly from 1 to 5.

TRY

### QUIET SPOT

Sit in a calm, safe place.

TRY

**Grown-up check: All six are safe options: breathe, squeeze hands, sip water, ask for help, count to five, quiet corner.**

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