Calm-Body Choice Cards

Pre-K-Grade 2 | Emotions and routines | Parent-guided | Color

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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