## 

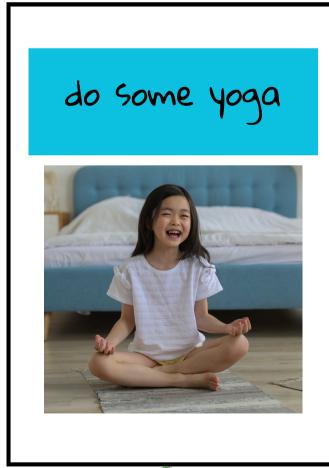












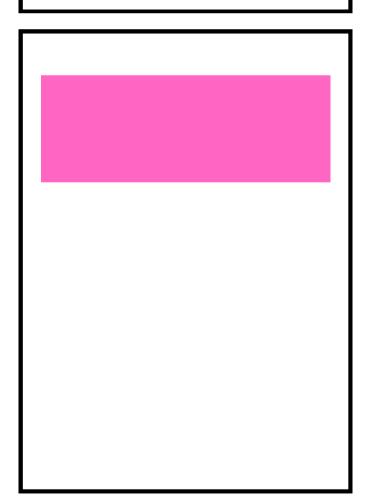


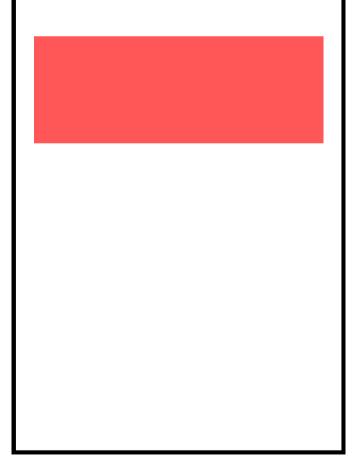
Free resource developed by www.ChildCareED.com

## do jumping jacks









## Calm Down Strategies Cards

Thank you for downloading this FREE resource at ChildCareEd! This activity can be printed out in black/white. This book can be put together with children to teach them about calming strategies. For durability, print the cards out and laminate them. Punch a hole in the left-hand corner of each card and put them on a binder ring. Place these cards in your classroom's calming/quiet corner for children to use.