

I can

**CALM**

**DOWN**

ask for a hug.



take 3 deep  
breaths



count as high  
as you can



get a sip  
of water



clench/uncle  
your fists



do some yoga



draw or color



do jumping  
jacks



read a book



# 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.

