

## Visual Cue Cards for Calm-Down Kits

Below are printable visual cue cards that can help guide children through self-regulation techniques.



Smell the flower (inhale) and blow out the candle (exhale).



Put your hands on your belly. Breathe in deeply and feel it rise, then breathe out and feel it fall.

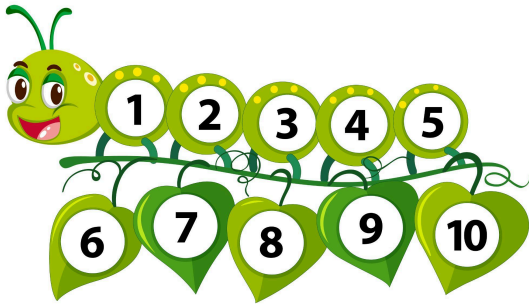


Trace the rainbow with your finger while you slowly breathe in and out.



Wrap your arms around yourself and give a big, warm hug.





Take deep breaths while you count to 10 slowly.



Shake your hands, feet, or whole body to let out your big feelings.



Stand up and push against the wall as hard as you can for 10 seconds.



"Say: 'I can handle this. I will be okay.'"



"Say: 'I am brave and strong.'"



Feel the ground under your feet. Press your feet down and notice how they feel

