

# Calm Down Cards FOR KIDS

WHEN YOU FEEL UPSET,  
TRY THESE ACTIVITIES



**BE A BIRD**  
HUM "THE ABC'S", "ROW  
ROW ROW YOUR BOAT" OR  
YOUR FAVORITE SONG

**BE A TREE**

STAND  
TALL,  
TAKE A  
DEEP  
BREATH



AND  
COUNT  
TO 10

**BE THE WIND**



PLACE YOUR HANDS IN  
FRONT OF YOUR FACE AND  
BLOW LONG DEEP BREATHS  
INTO YOUR HANDS

**BE A MONKEY**

TAKE A FEW  
MINUTES TO  
STRETCH, SHAKE IT  
OUT, OR EVEN DO  
SOMERSAULTS



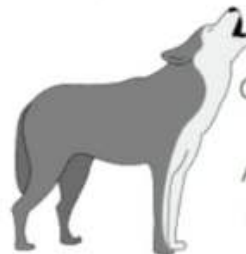
**BE A FISH**

GO TO A SINK.



RUN YOUR HANDS  
UNDER THE WATER  
OR SPLASH SOME  
ON YOUR FACE

**BE A WOLF**



GO TO A  
QUIET PLACE  
FOR SOME  
ALONE TIME.  
SIT QUIETLY



print, cut out, and  
staple for quick  
reference



[SIMPLY ROOTED FAMILY.COM](http://SIMPLYROOTEDFAMILY.COM)

# Calm Down Cards FOR KIDS

WHEN YOU FEEL UPSET,  
TRY THESE ACTIVITIES

BE A KOALA

FIND SOMEONE YOU CARE ABOUT AND ASK THEM FOR A HUG



BE A HEART

MAKE YOUR HANDS INTO A FIST. RELAX AND REPEAT 10 TIMES



BE A SLOTH

SLOWLY, STARTING WITH FINGERS AND TOES AND WORKING IN, RELAX AND SLOW DOWN YOUR BODY



BE A LLAMA

CHEW A PIECE OF GUM



BE AN ARTIST

DRAW A PICTURE SHOWING YOUR EMOTIONS



BE A CATERPILLAR

WRAP YOURSELF SNUG IN A BLANKET



print, cut out, and  
staple for quick  
reference



[SIMPLY ROOTED FAMILY.COM](http://SIMPLYROOTEDFAMILY.COM)