

Calm Down Card

The cards on the next page should be printed or stuck back to back. When your child is feeling angry, you should remind them to use this card to show that they are angry and then choose one of the actions of the back to help them to calm down. They may need you to remind them to use the card and to also show them some of the techniques listed before they are able to use this independently to regulate their emotions.

When I feel angry, upset or anxious, I can calm myself down



To calm myself down, I can...

Take deep breaths

Keep my hands and feet to myself

Use a stress ball

Shout into a pillow

Read a book

Talk to an adult

Have a drink

Get some fresh air

