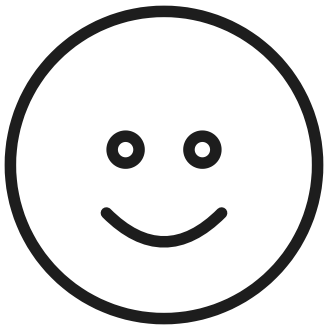
How Does My Body Feel?

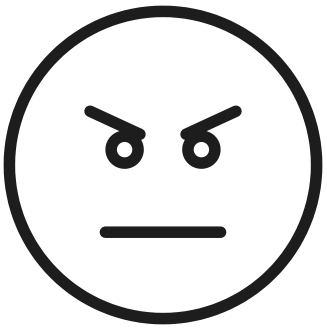
Color each face. Point to the one that matches how you feel right now.



Happy



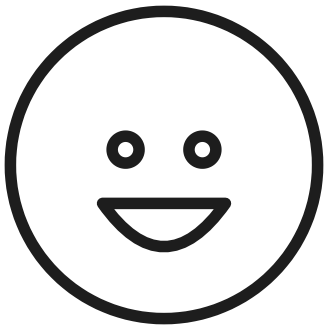
Sad



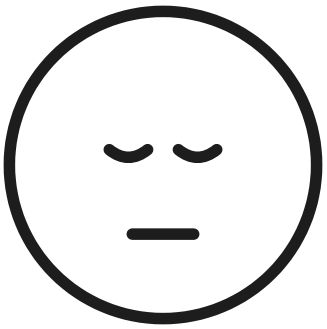
Mad



Worried



Excited



Tired

My Calm-Down Choices

Cut out the cards. Offer two choices when feelings are big: “Squeeze or hug?”

Smell the flower, blow the candle

Breathe in slowly, breathe out slowly. 3 times.

Squeeze & let go

Squeeze fists tight… then floppy hands.

Big hug

Ask a grown-up or hug a stuffed animal.

Count to 5

Count fingers slowly, one hand.

Color something

Grab crayons and color one picture.

Drink water

A few sips of cold water.

Cozy corner

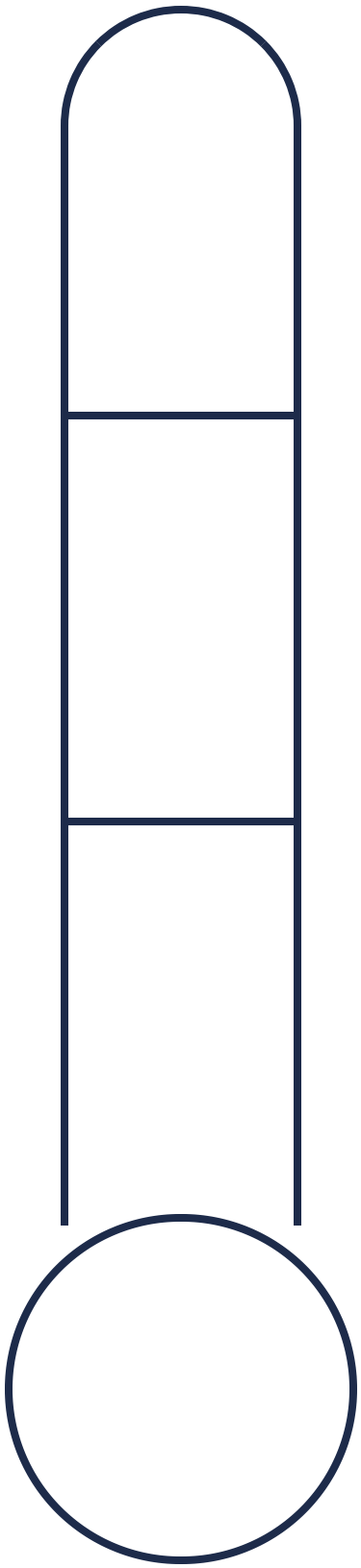
Sit in the calm spot with a pillow.

Wall push

Push the wall hard for 10 seconds.

My Feelings Thermometer

Color the zones. Move a clothespin or sticker to show “how big” your feeling is.



TOO BIG

Yelling, hitting, crying hard. I need a grown-up and a calm-down choice.

GETTING BIG

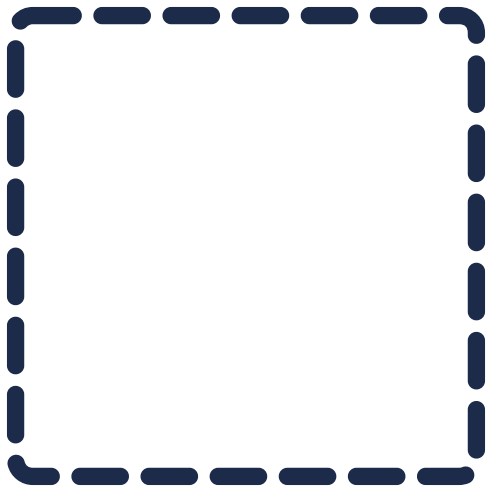
Wiggly, whiny, grumpy. Time to breathe or move.

JUST RIGHT

Calm and ready to play, listen and learn.

Breathing Shapes

Trace the dotted lines slowly with a finger. Breathe in on one side, breathe out on the next.



Square breathing

In – hold – out – hold. One side each.



Star breathing

Trace up a point: breathe in. Trace down: breathe out.

Draw your own calm shape:

Co-Regulation Cheat Sheet

Young children borrow our calm before they can make their own. Keep this on the fridge.

- ◯ **1. Get low and slow**
  Kneel to eye level. Lower your voice. Fewer words.
- ◯ **2. Name it**
  “You are so mad the tower fell.”
- ◯ **3. Hold the limit kindly**
  “I won’t let you hit. You can stomp your feet.”
- ◯ **4. Offer two calm choices**
  “Squeeze hands or big hug?”
- ◯ **5. Wait it out**
  Stay close. Teaching happens later, not mid-meltdown.
- ◯ **6. Reconnect**
  Hug, snack, water, or a quiet book.
- ◯ **7. Talk later (2 minutes)**
  “What helped your body feel calm?”
- ◯ **8. Practice when calm**
  Breathing games and feelings books on easy days.

General information, not a diagnosis. If big feelings are frequent, intense or getting worse, talk with your child’s pediatrician.