

# Calming Strategies Cards

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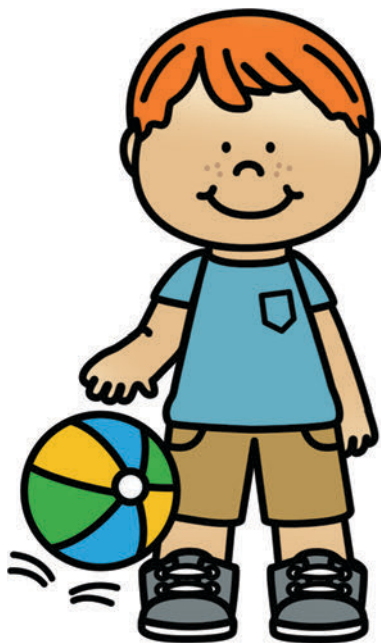
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I can calm down by:



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**bouncing a ball**

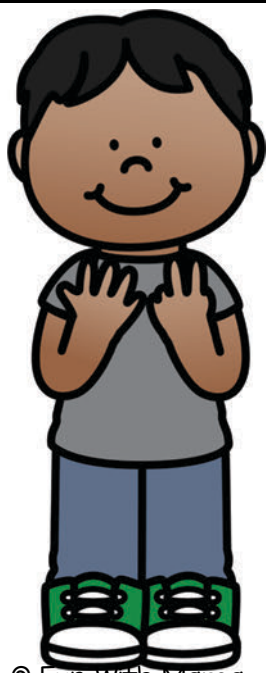
I can calm down by:



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**coloring in**

I can calm down by:



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**counting to 10**

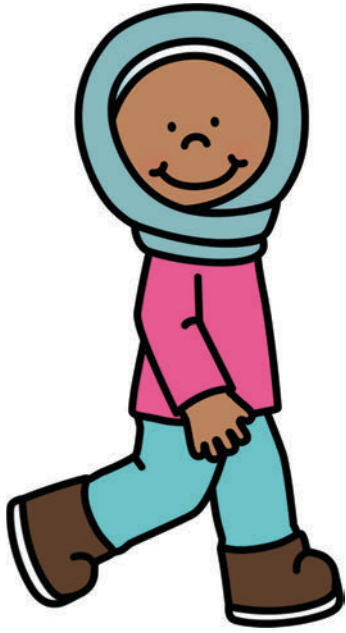
I can calm down by:



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**having a drink**

I can calm down by:



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going for a walk

I can calm down by:



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hugging myself

I can calm down by:



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humming

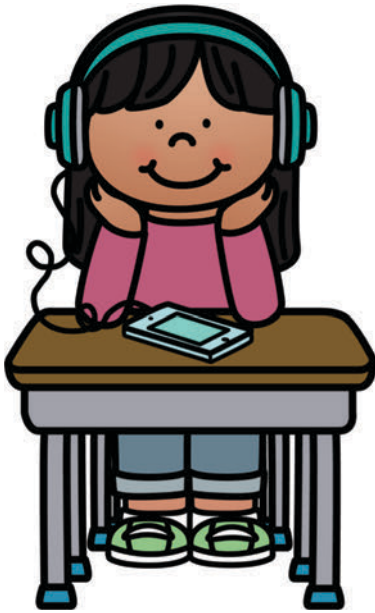
I can calm down by:



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imagining my favorite place

**I can calm down by:**



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**listening to music**

**I can calm down by:**



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**building with blocks**

**I can calm down by:**



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**finding a quiet place**

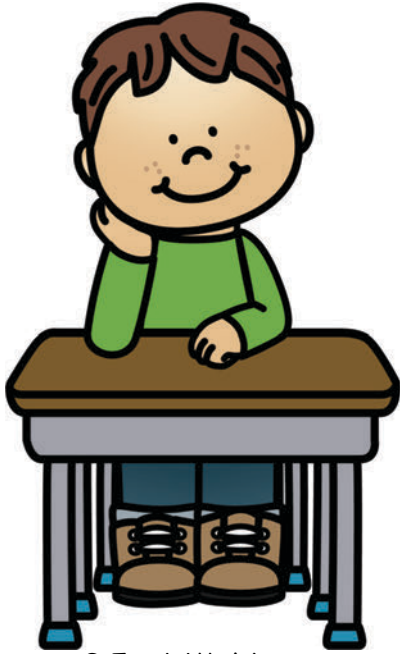
**I can calm down by:**



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**reading a book**

I can calm down by:



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**resting quietly**

I can calm down by:



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**rocking on a ball**

I can calm down by:



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**stretching**

I can calm down by:



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**taking deep breaths**

I can calm down by:



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**talking to a friend**

I can calm down by:



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**playing with playdough**

I can calm down by:



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**working on a puzzle**

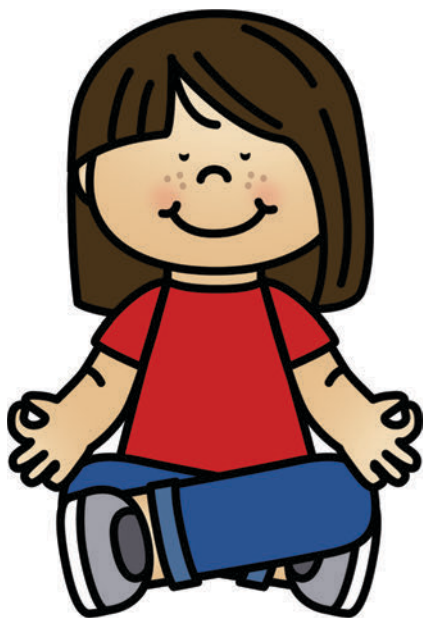
I can calm down by:



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**writing in a journal**

**I can calm down by:**



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**doing some yoga**