

Use these Emotions Calming Strategy Cards to support children in coping with uncomfortable feelings. Children can choose the card that shows a strategy they would like to use or staff can display selected ones on lanyards to communicate to children ways to help them feel calm.

Emotions Calming Strategy Cards

Count to ten and back again.

10

Take five slow, deep breaths – breathing in for three seconds and out for five seconds.



List five things around you that you can see.



List five things around you that you can hear.



Concentrate on tensing and relaxing different muscles around your body.



Thread some beads onto a string.



Colour in a picture.



Find somewhere appropriate you can shout and let it out.



Listen to some music.



Make some music.



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Dance and move your body to music.



Do ten star jumps.



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Chat to a friend.



Speak to a trusted adult.



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Find something with a nice texture and rub it between your finger and thumb.



Squeeze some modelling clay.



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Take a slow deep breath, as if smelling a flower. Then, slowly breathe out, as if making the flower dance in the breeze.



Trace your finger around the edge of a shape slowly, breathing in as you trace one edge then breathing out as you follow the next.



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Ask if you can hug a friend.



Give yourself a big, tight hug.

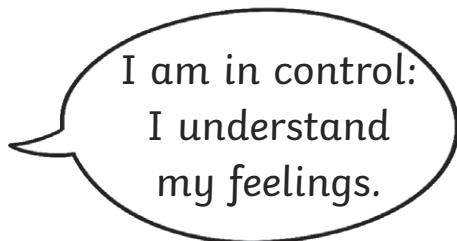


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Stretch up as high as you can and wiggle your fingers.



Say some positive affirmations.



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Imagine your anger as a grey cloud and blow it away to see the sunshine.



Trace around the outside of one hand with a finger from the other hand.



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Have a slow and steady drink of water.



Read a book.



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Go to a safe and appropriate space which helps you to feel calm.



Crouch down low, hug your knees and jump up high.



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Blow some bubbles and watch them float in the air.



**Scrunch up some
scrap paper.**

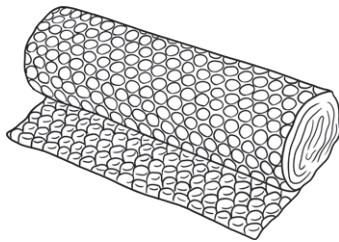


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**Shake a calming jar
and watch the glitter
swirl around.**



Pop some bubble wrap.

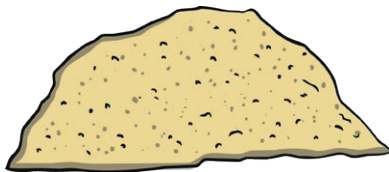


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**Take a pencil for a walk
on the paper.**



**Draw swirly lines in
some sand.**



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**Plan and carry out an act
of kindness.**



**Think of something
you are grateful for and
draw a picture of it.**



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Help someone.



Complete a jigsaw.

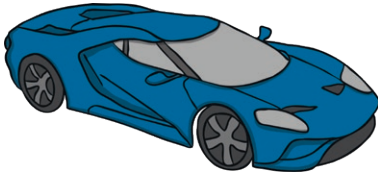


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**Create something out of
modelling bricks.**

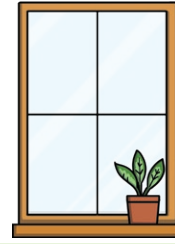


Push a toy vehicle around the space you are in.



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Look out of a window and say what you can see.

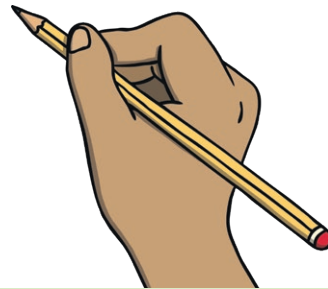


Look around the space you are in and say what you can see.



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Draw how you are feeling.



Write down how you are feeling.



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