

SOCIAL-EMOTIONAL LEARNING · K TO Y6

Calming Strategy Cards

12 things to try when feelings are big

How to use these cards

These are strategy cards to give a child WHO IS DYSREGULATED so they have something physical and concrete to do. Not for the child in green zone — for the child whose feelings are too big to talk through. PRINT, LAMINATE, KEEP IN A CALMING-CORNER POUCH. When a child is dysregulated, a sensitive adult invites: 'Pick a card. Try it. I'll wait.' DO NOT: Force a strategy. Make a child justify their choice. Use it as a punishment. Talk THROUGH the strategy at them — that defeats it. DO: Wait. Sit alongside. Once the child is regulated (look for: slower breath, eye contact, voice softening), THEN you can talk.

Card 1 — Finger Breathing



Card 2 — 5-4-3-2-1 Grounding

Card 3 — Slow Drink of Water

Card 4 — Hand Press



Card 5 — Bubble Breathing

Card 6 — Animal Walks

Card 7 — Worry Box



Card 8 — Cold Cloth on Wrists

Card 9 — Box Breathing

Card 10 — Body Scan



Card 11 — One-Hand Stretch

Card 12 — Quiet Time with a Book

How to use the cards in class

