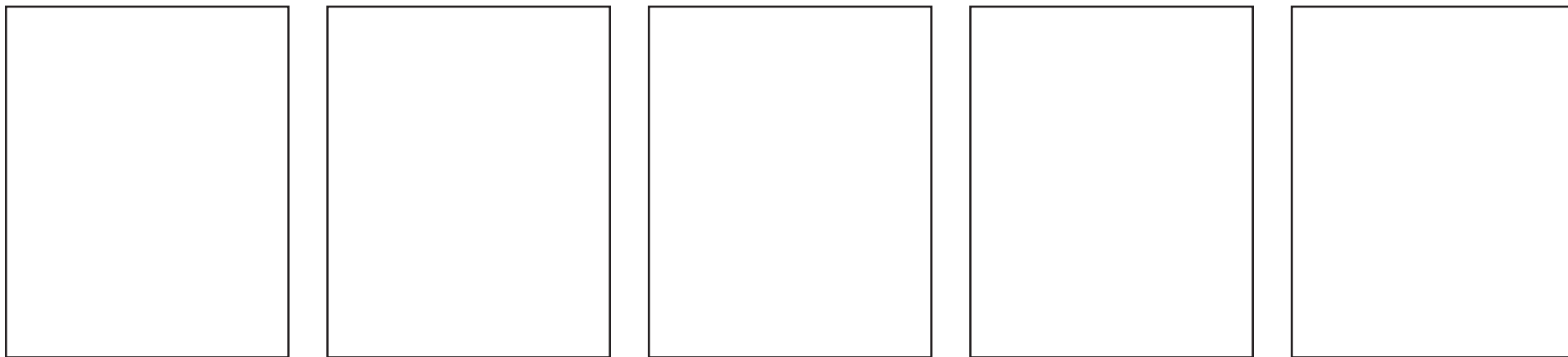


# CALM DOWN KIT



- Place this sign on the side of a container
- Print the included breathing cards and mat
- Gather materials to place in the container such as; stress balls, a stuffed animal, play dough, bubbles, a small puzzle, or an 'I Spy' jar
- These resources are also great additions to your Calm Down Kit and can be found at [bestpractices.gsu.edu/resources/](https://bestpractices.gsu.edu/resources/)
  - [Breathing Exercises](#)
  - [Calm Down with CALi](#)
  - [How Do You Feel Today?](#)
  - [I Can Calm Down](#)
  - [My Coping Strategies](#)
  - [When I'm Angry — cards](#)
  - [When I'm Angry — poster](#)

I will take 5 deep breaths.



**DIRECTIONS**

- Cut out and laminate the mat
- Cut out and laminate the 5 breathing cards
- Encourage child to take 5 deep breaths, placing a card on a square with each breath (use Velcro dots to keep in place)



I can calm down. I will...

Sit in my chair



Put my hands in my lap



Take 5 deep breaths



Count to 10

1, 2, 3, 4, 5,  
6, 7, 8, 9, 10

Drink water



Return to work



I can calm down. I will...

Sit in my chair



Put my hands in my lap



Take 5 deep breaths



Count to 10

1, 2, 3, 4, 5,  
6, 7, 8, 9, 10

Drink water



Return to work



I can calm down. I will...

Sit in my chair



Put my hands in my lap



Take 5 deep breaths



Count to 10

1, 2, 3, 4, 5,  
6, 7, 8, 9, 10

Drink water



Return to work

