

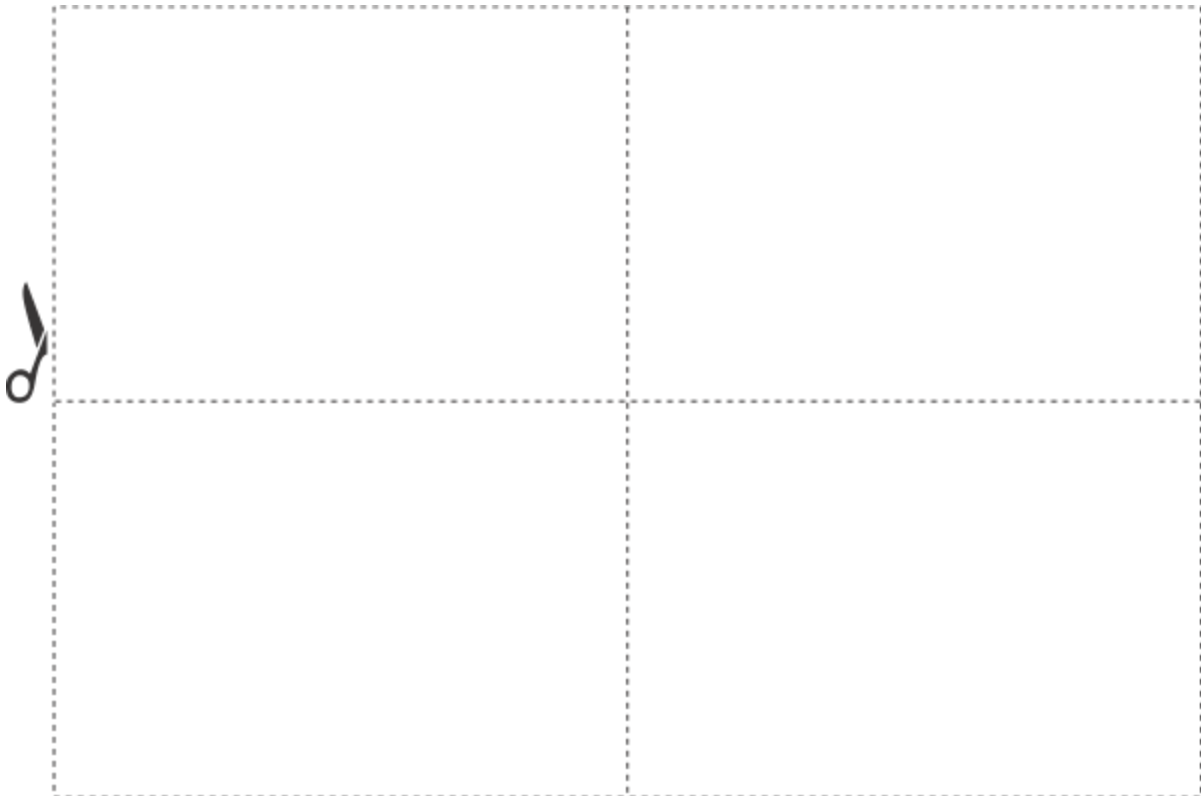
Calming Cards & Calming Catcher

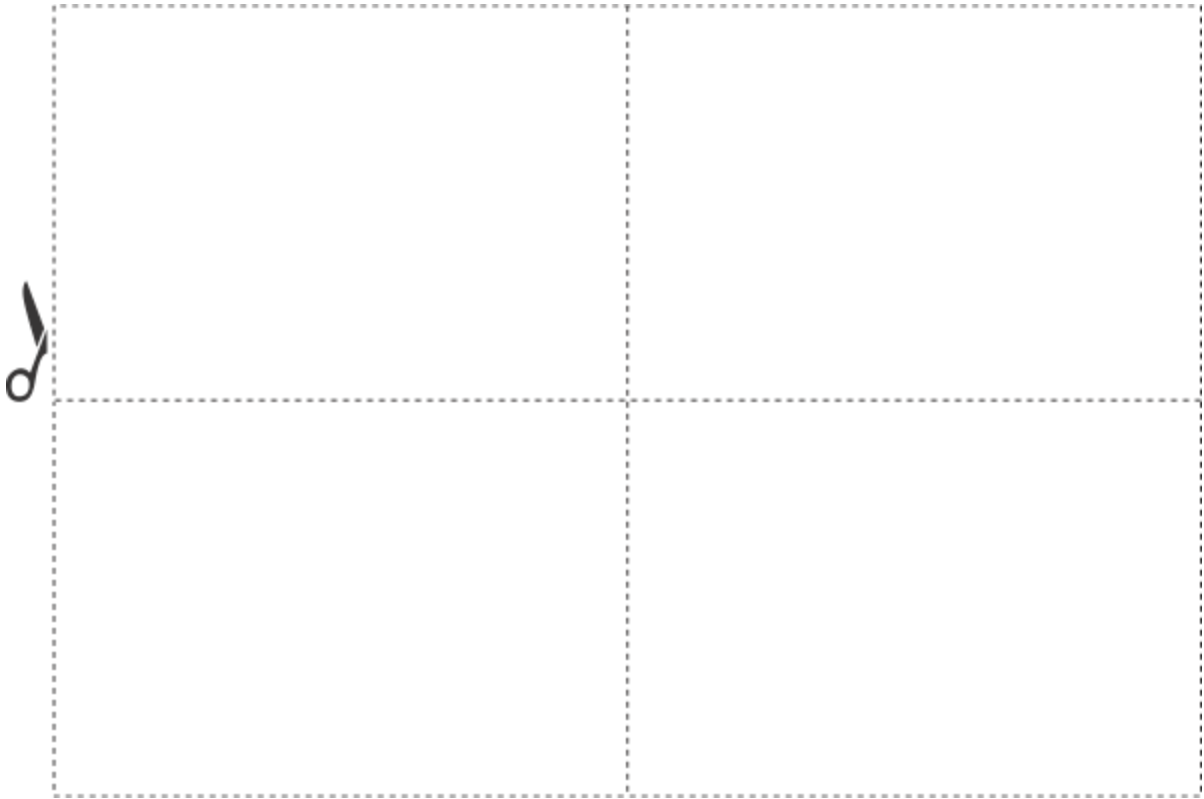
Sometimes in life, when you are stressed or frustrated, you might need a little reminder about how to calm yourself ... in your back pocket! Find the strategies that work best for you by asking a trusted adult or by looking online to search for “calming techniques for kids” (hint: look at the images to find some posters). Below are directions for a Calming Cards and Calming Catcher.

Calming Cards

Directions:

1. Write a strategy on each of the blank cards below. Print another copy if you'd like more cards. Remember to personalize the cards so that they are as unique as you are!
2. Cut out each card along the dotted line. You could design the backs of the cards or add a title like “Calming Card #1.”
3. Keep the cards together by punching a hole in one corner and securing with a piece of string, ribbon, or a binder ring.

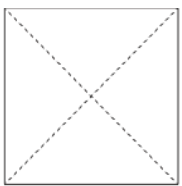




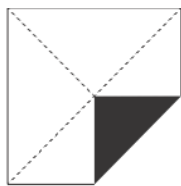
Calming Catcher

Directions:

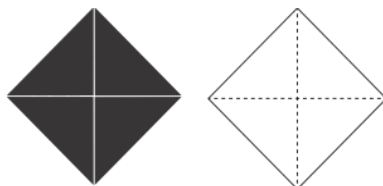
1. Label the sections in the template on the next page:
 - a. Four labels in corners (for instance, colors to spell)
 - b. Eight labels on the smaller triangles (numbers work well)
 - c. Four calming strategies for inner squares
2. Instructions for folding a square piece of paper are as follows:
3. Share your Calming Catcher with a friend or family member. You can do this virtually!



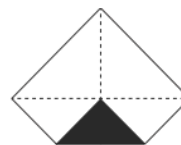
Cut out the square



Fold the corners to center



Flip over



Fold the corners to center



Flip over and insert your fingers to play!

