



Ashland County Brainy Resilience

CALMING TOOLS-

Preschool – Elementary

ASSEMBLY INSTRUCTIONS CALMING CUBES



WHAT YOU NEED:

Print color copies of the *Calming Cube Game* file. This file includes a cube with pictures on it and one with numbers on it and an instruction sheet for the cube pictures.

FOR DURABILITY it is strongly recommended to laminate the cube forms.

Assemble all cubes by cutting and taping with clear tape.

To play the game:

Roll the two dice. Teach the child to do the calming technique the amount of times shown on the number die. For example above: Do the Moustache Press **TWO TIMES**.