

Bubble Breath!

1. Imagine you have a wand of bubbles.
2. Breathe in hard, hold for 5 seconds
3. Now blow out a large bubble, blow for 5 seconds.
4. Do this 3 times.



My Pillow Hug!

1. Find your cozy quiet corner.
2. Cross arms over your chest.
3. Squeeze and hug as hard as you can.
4. Do this 3 times.



Sing and Tap!

1. Sing or hum your favorite song.
2. Tap each thigh and stomp foot at the same time while sitting. You can even try to tap and stomp to the beat of your song!!



Hand Massage!

1. With one thumb, push along opposite palm 5 to 10 times.
2. Repeat with the other palm.



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Push the Wall Down!

1. Stand with face to wall.
2. Thumbs on shoulder. Then reach out arms straight to wall.
3. Keep arms straight and push against the wall like you are trying to push it over.



Palm Push!

1. Imagine you have sticky palms
2. Put hands together and push hard to make them stick.
3. Slowly count to 15.



Happy Thoughts Place!

1. In your quiet area, close your eyes.
2. Pretend you are walking in a field of flowers of many colors. Pick one.
3. Open your eyes and pretend you are giving the flower to your mother or grandmother.



Seat Push-Up!

1. Sit with feet crossed on floor or chair
2. Palms to the floor
3. Push bottom up from floor or seat, hold for 5-10 seconds



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Calming Card Instructions

Use these tips to help settle high emotions.
Try each one-Find out what works for you--Practice regularly.

Use to help you calm down after a fight or when someone makes you mad.

They also prep your brain for a stressful event like an exam or a try out. Deep breathing stays with you for hours!



Still feeling like you are going to explode?
Use the dri-erase board to work out
more intense emotions.



Don't forget –staying calm keeps you in control!!!

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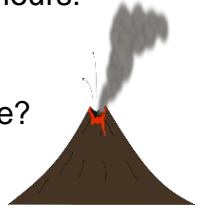
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