



## Ashland County Brainy Resilience

### CALMING TOOLKIT- Preschool – Elementary ASSEMBLY INSTRUCTIONS

#### WHAT YOU NEED:

Purchase a small bendable figure for each toolkit and some child-safe fidgets.



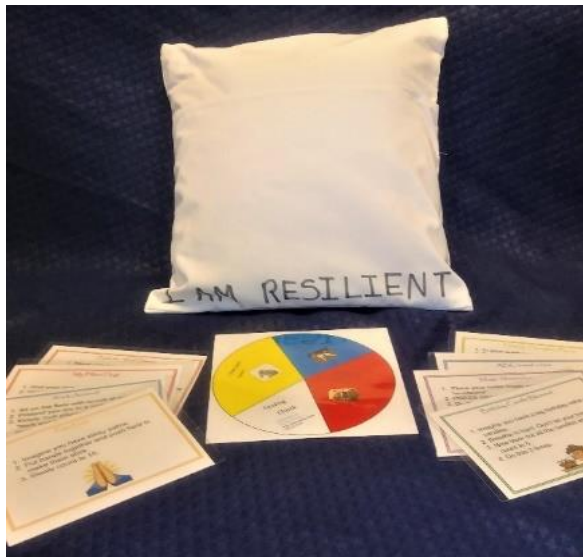
Print two-sided color copies of the *Calming Cards* (below) on card stock OR plain paper and laminate for durability.

Print color copy of *Feeling Check Wheel* (separate file). Laminate for durability.

Print *My Calming Toolkit* Brochure (separate file).

Assemble all together and follow the brochure instructions how to use.

**NOTE:** These can be stuffed in a pillow with a case designed with pocket storage. We found this a hit with different-aged children!  
(SEE BELOW FOR SEWING DIRECTIONS.)



### 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.



### Rock Around!

1. Sit on the floor with hands at each side
2. Pretend you are in a rocking chair
3. Slowly rock yourself saying – “back and forth, back and forth” as you rock.





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## Birthday Candle Blowout!

1. Imagine you have a big birthday cake with candles.
2. Breathe in hard. Don't let your breath go!
3. Now blow out all the candles as you count to 5.
4. Do this 3 times.



## My Pillow Hug!

1. Find your cozy quiet corner.
2. Hold your calming pillow to your chest.
3. Squeeze and hug as hard as you can.
4. Do this 3 times.



## ABC's and 123s!

1. Sing your ABC's or favorite nursery rhyme.
2. Count to 10 slowly.
3. Try counting backwards from 10 to 1---you can even close your eyes.



## Magic Mustache!

1. Place your index finger across your "mustache".
2. PRESS GENTLY counting to 10.
3. Do this 3 times or more.



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## **SEWING INSTRUCTION FOR CASE FOR CALMING PILLOW**

Purchase Pillow inserts: 12"x12" (JoAnns or other)

Purchase Fabric: 2 yards of 45 inches can make 5 pillows. The fabric used to make 40 pillows was purchased at JoAnn's and was called Symphony. It was more of a polyester sheeting than Muslim although it was in the Muslims section.

The Pillow is made of two pieces. When completed, there will be two pockets. One is externally attached at the fold but hemmed into the pillow side seams. The second pocket is formed through the sewing process when the good side is turned finally out.

Piece ONE: 35 inches long by 13.5 inches wide for Full pillow case.

Piece TWO: 13.5 high by 10.5 high for External pocket.

### **SEWING STEPS**

Piece ONE—you will make two folds with good side of the fabric inside.

1) Bring bottom up 13.5 inches, turn down to hem the width half inch facing wrong side.. Press to make a firm fold.

2) Fold top down—this piece is approximately 8 inches hemmed and serves as a pocket/flap. Hem facing wrong side so you should have a 13 inch square.

3) Piece TWO. Ultimately this will hem so that the piece is 9 inches. One end should be finished nicely as it is the external pocket top. The other can be just be hemmed under with a fold at the sew line because it must be sewed to the larger piece on the right side.

4) Bring down the big pocket exposing good side of fabric. At the fold place Piece TWO with wrong side facing up, sew it across the bottom to the outside. Press. Bring up the small pocket. Press. You will have the good side of the 9 inch pocket in front of the good 13" side.

5) Bring down the top pocket—it lays over on top of the external pocket.. Press.

6) Bring up the big pocket. Sew the side seams. Press.

7) Turn inside out. You should have a pillowcase that has a major pocket to put in the 12x12 pillow. The flap will come up over it and becomes a pocket. You will then have two pockets.

Please call Diane Koch (330)721-4803 if you need help on your first one.

HEM 22 or Surge

13" wide  
10½ high

Outside pocket

HEM / Zig Zag or Surge

— 35 inches —

x  
13 inches  
Wide

fold

— < —

14 in



Folds Covering  
pocket + flap.

Rough side

Folds inside  
over pocket