

CALM DOWN **T O O L K I T**

Breathe



Blow Bubbles



Blow Out the Candles



Volcano Breathing

Get Creative



Mad Box



Draw Your Feelings



Sing a Song
Write Lyrics



Paint

Physical Activity



Run, Jump, Move!



Tear Paper



Splash Water



Freeze an Object



Shake Hands or Body



Flip Upside Down

Brain Distraction



Tell Jokes / Laugh



Watch the Fish



Glitter Jar



Count

I AM CONFIDENT & CAPABLE

CALM DOWN



Cut out the pictures, headings and/or mantras to create your own Calm Down Poster

TOOLKIT

Create Your Own



123
456
789



Get Creative

I AM CONFIDENT & CAPABLE

Breathe

I WILL RELEASE MY BIG FEELINGS

Physical Activity

I AM GRATEFUL

Brain Distraction

I WILL LEARN FROM MY MISTAKES

Relax

Move

CALM DOWN BOX INSTRUCTIONS



STEP 1

Pick 8-12 items from the Calm Down Box Ideas list and put in a box. Decorate the Box, organize the items however you would like, make special items like a glitter bottle to go inside. Be creative!

STEP 2

Find a special place for the box that is easy to grab whenever you are upset, angry, sad or frustrated.

STEP 3

Make a list of all of your emotions. List as many as you can think of that goes under each category:

Happy	Sad	Angry

STEP 4

Whenever you are feeling an emotion that is in the sad or angry category, get your Calm Down Box and take items out of it to play with. While you are playing, take deep breaths in and out. When you are finished, ask:

How do I feel now?



CALM DOWN BOX IDEAS

Blocks	Jump Rope
Book	Legos
Bubbles	Light Up Toys
Calm Down Cards	Markers
Chew Necklace	Mirror
Chewing Gum	Note Cards
Clothes Pins	Paint and Brush
Coloring Book	Paper
Craft Sticks	Paper Clips
Crayons	Photo Album
Chalk	Pinwheel
Dice	Pipe Cleaners
Fabric	Playdough
Felt	Resistance Bands
Fidgets	Scissors
Flashlight	Spray Bottle
Fuzzy Balls	Straws
Glass Beads	Stress Ball
Glitter Jar	Stuffed Animal
Glue	Tape
Hourglass	Tissue Paper

