



CALM DOWN

Techniques



blow a pinwheel



look at the
sensory bottle



squeeze
something

POSTERS,

BOOK, &

SUPPORTS

FREEBIE

You may also like...

Just click on the cover to check it out!

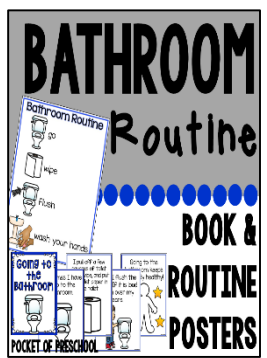
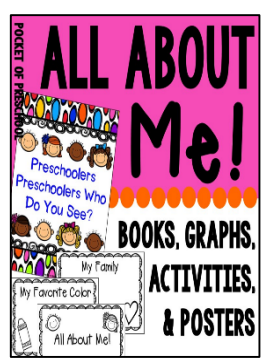
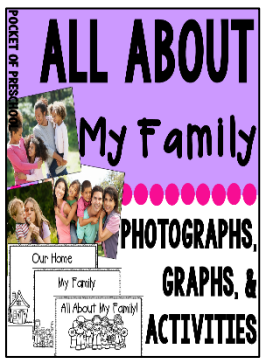
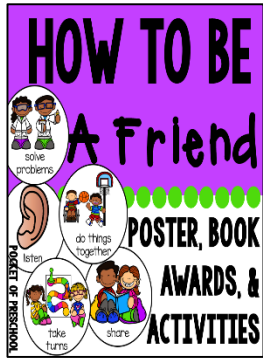
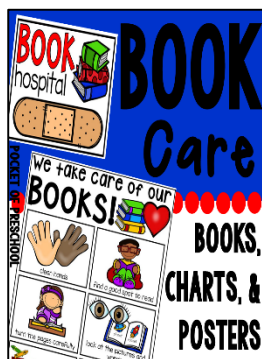
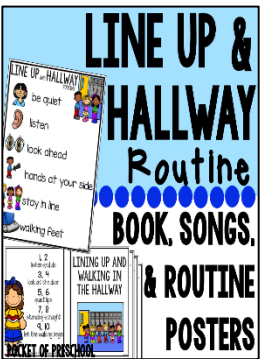
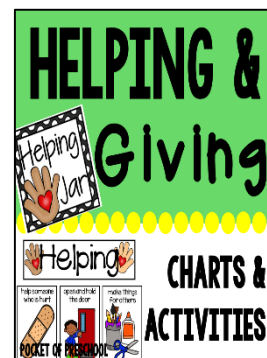
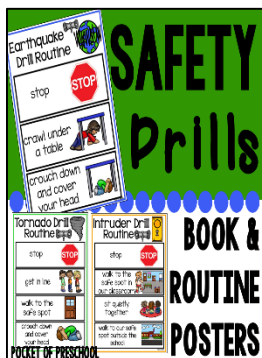
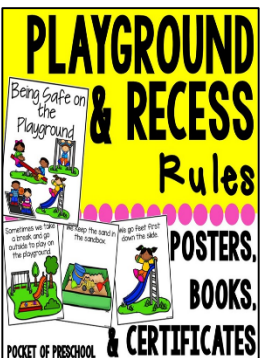
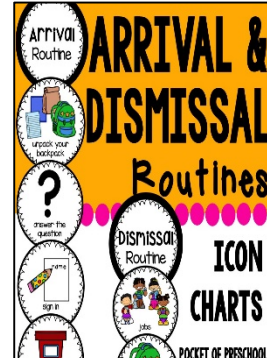
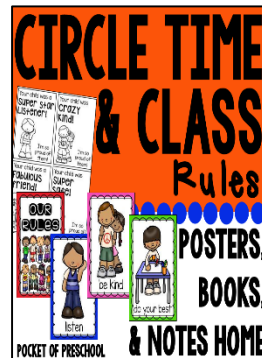
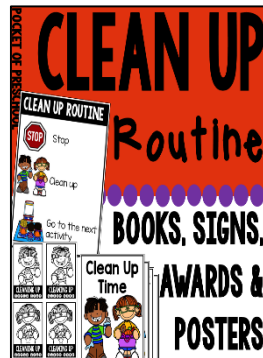
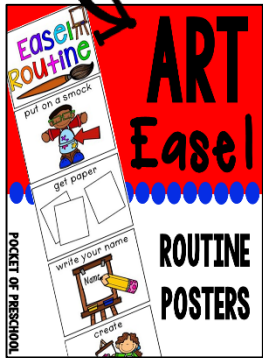


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WANT TO PRINT IT SMALLER?

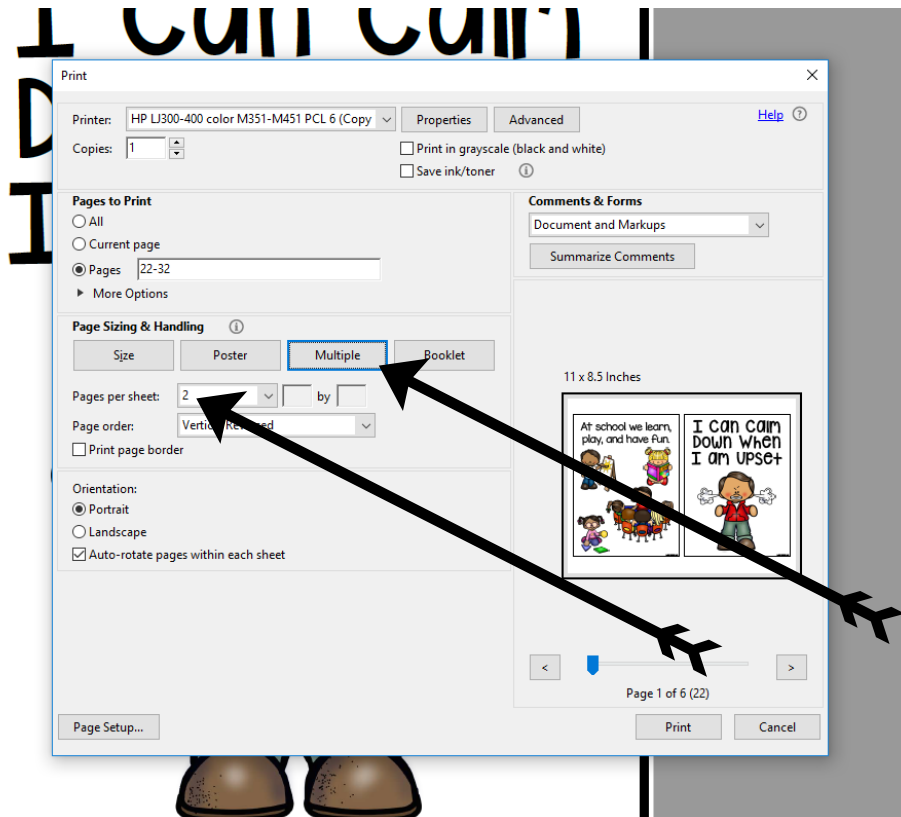
Do you want to print the calm down cards or something in this pack smaller? You can!

Print the clam down choice cards or book smaller to make books, posters, boards, or rings for individual students and/or your class.

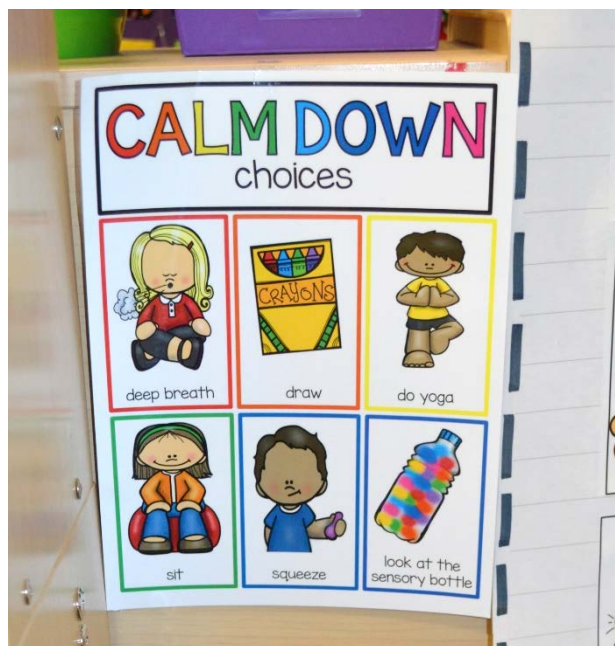
Be sure you have the latest addition of Adobe Reader and that your computer is opening this file in Adobe (not your computers default reader or online)

Directions: When you go to print,

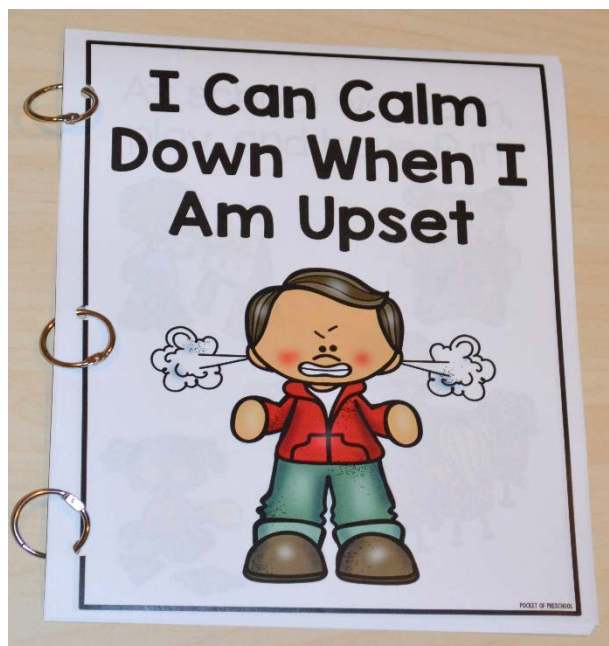
- Select multiple
- Select what size you want them to be. (pages per sheet)



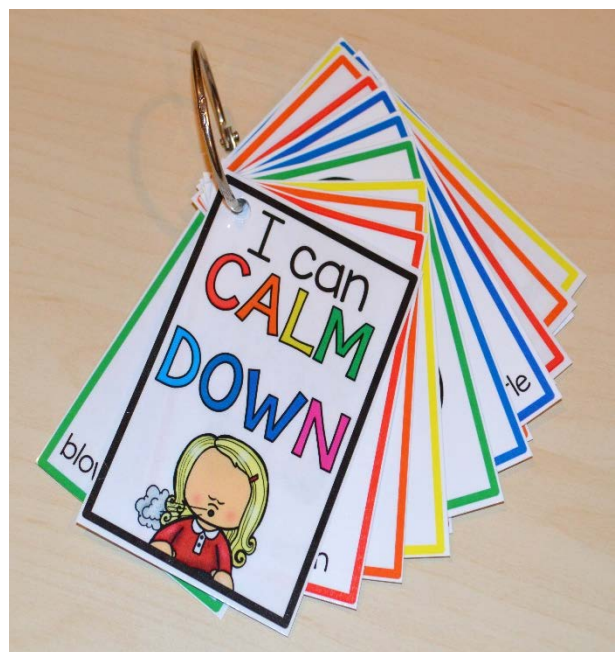
WHAT CAN YOU DO TO HELP YOUR STUDENTS CALM DOWN WHEN THEY ARE UPSET?



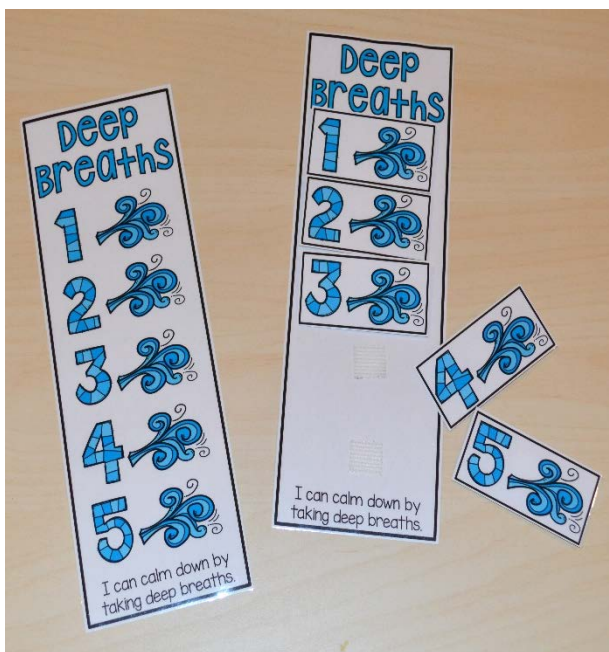
Post the calm down poster



Read the book I Can Calm Down When I Get Upset at group



Calm down choice mini book



Deep breaths visual

WHAT CAN YOU DO TO HELP YOUR STUDENTS CALM DOWN WHEN THEY ARE UPSET?



Make a calm down kit



Make a safe place in your classroom



Make a yoga pose mini book and do yoga in your classroom



Give out calm down positive notes to students

WHAT CAN YOU DO TO HELP YOUR STUDENTS CALM DOWN WHEN THEY ARE UPSET?



Make a few sensory bottles & put them in your classroom



Read books and talk about appropriate ways to calm down when you are upset

your ideas go here...

★

★

★

UTILIZING CLASS MEETINGS

Class Meetings are a great way to introduce and review calm down strategies. Use the calm down poster as a visual. Read books about feeling frustrated, angry, upset, grumpy, and sad. Practice or act out what the feelings look and feel like; talk/reflect about how your face and body looks.

Most important....**celebrate** students' successes at class meetings! Point out and celebrate when you see students using the calm down strategies!

Practice: If a student is struggling using calm down strategies, practice various calm down strategies when the student **IS NOT UPSET** or in crisis.

Talk about various situations and how to use calm down strategies. You can act out situations with puppets or role play. Be careful, you don't want students to practice inappropriate behaviors. YOU act out the unwanted/inappropriate behaviors and have students act out the appropriate behaviors.

Use props (mirrors, puppets), visuals (calm down posters, charts, yoga cards, deep breath carts, calm down kit) play games, and do fun activities to make your class meetings engaging!

Class meetings are a fabulous way to build a classroom community!



USING CHILDREN'S LITERATURE



Books have characters and a problem (usually). Use this as an opportunity to talk about how the character is feeling and how the character expresses their feelings. Students will be able to relate to the characters in the book. It gives them examples of what to do or what not to do.

Before, during, and after you read, talk about how the character(s) is feeling and how they could express their feelings appropriately. It may be the focus of your lesson or you may just touch on it for a few minutes. Use those teachable moments that come up as you are reading!

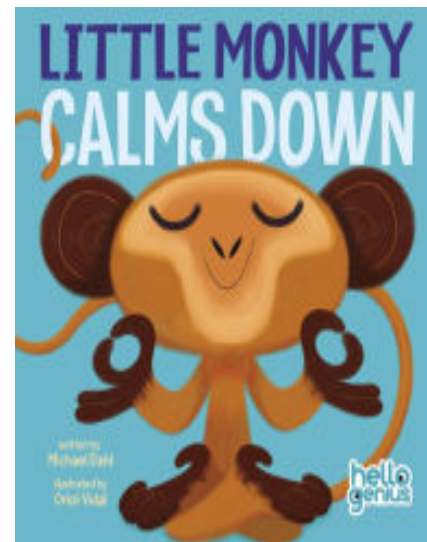
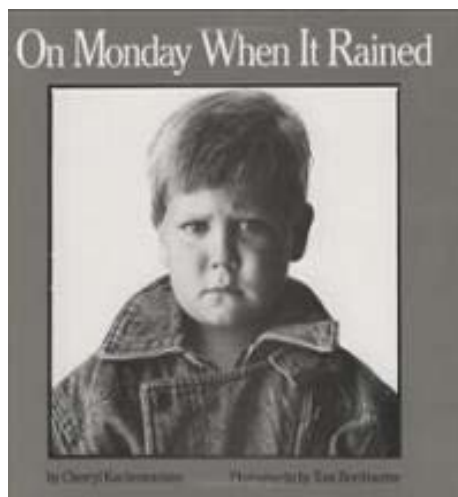
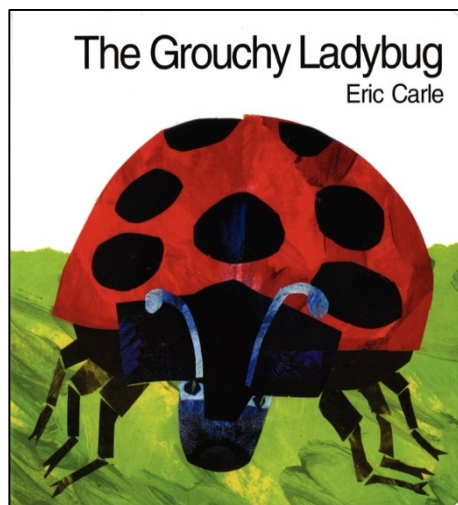
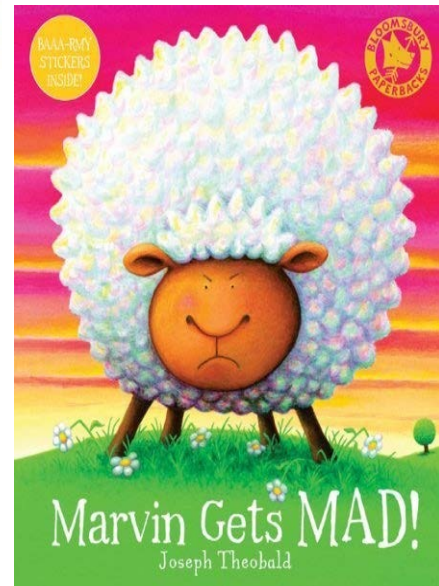
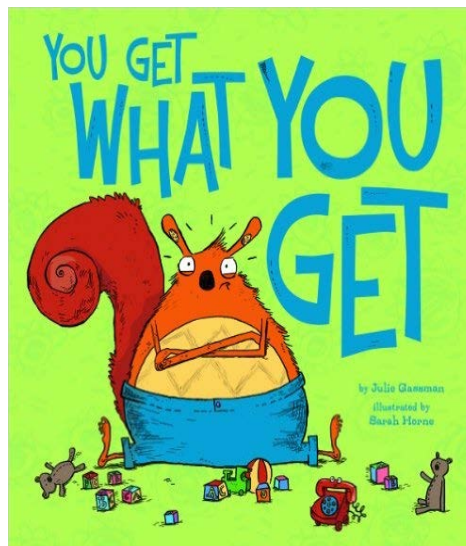
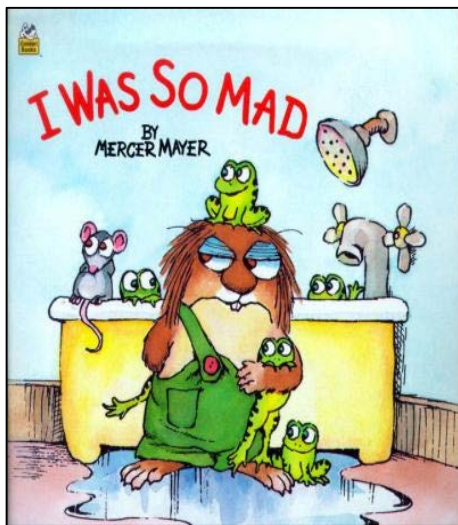
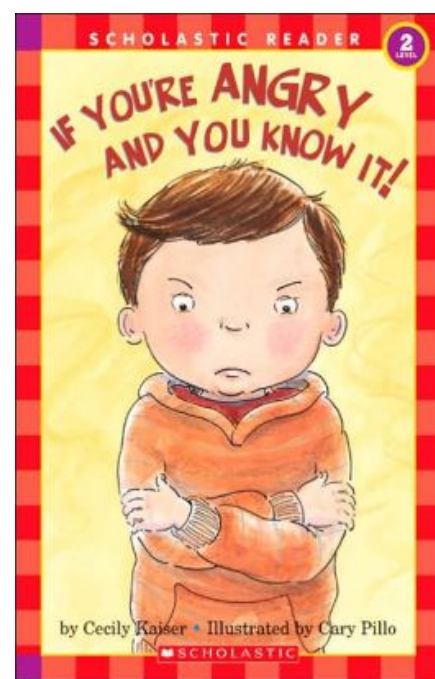
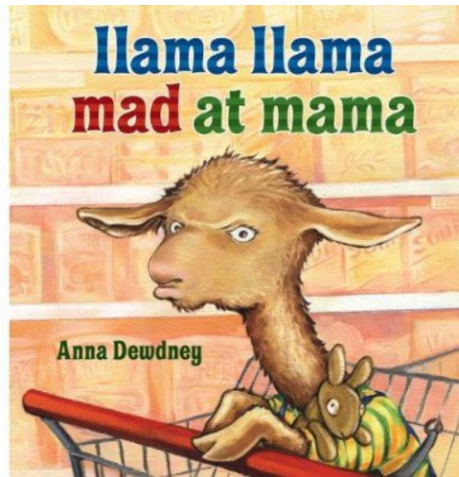
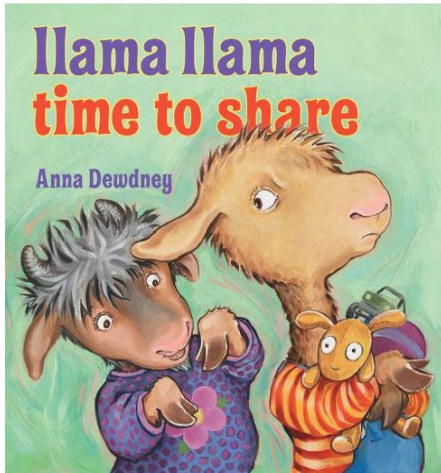
If characters are NOT expressing their feelings appropriately, talk about what they could do instead! **Relate it to the CALM DOWN STRATEGIES you are using!** Students LOVE telling you what someone is doing wrong, so use it as a teaching strategy when you read.

If you do this often, students will be thinking about how the characters feel as you read on their own! They will shout out if characters, are not expressing their feelings appropriately and tell you what they could do instead without prompting!



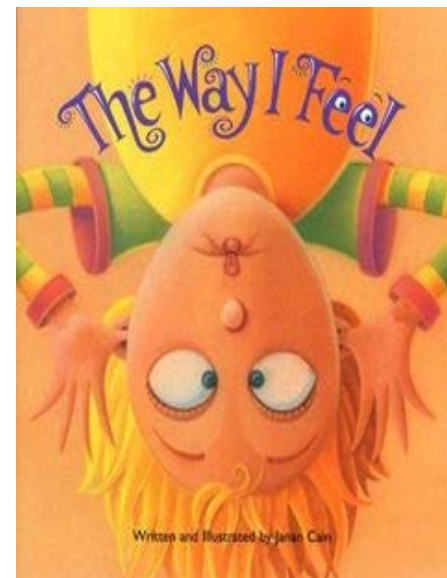
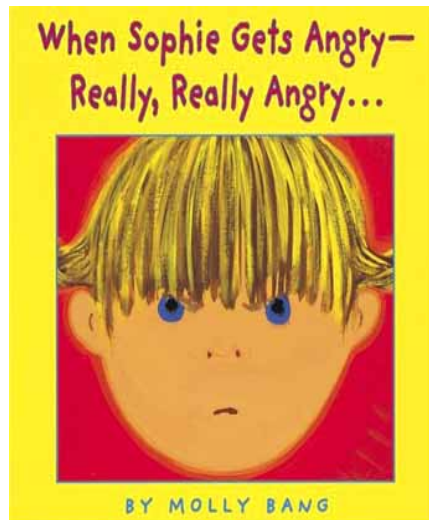
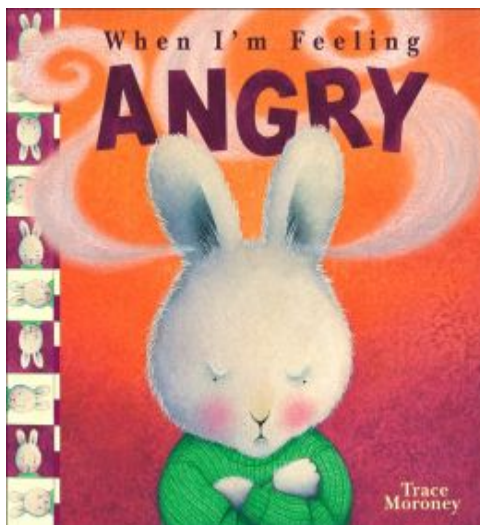
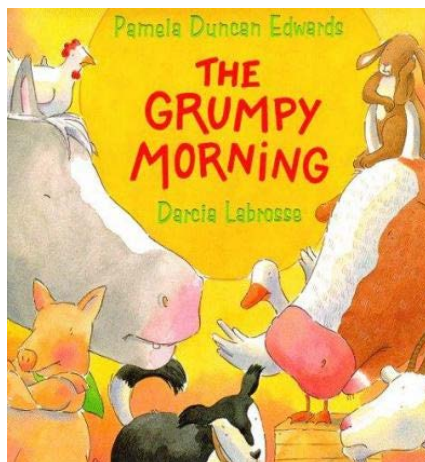
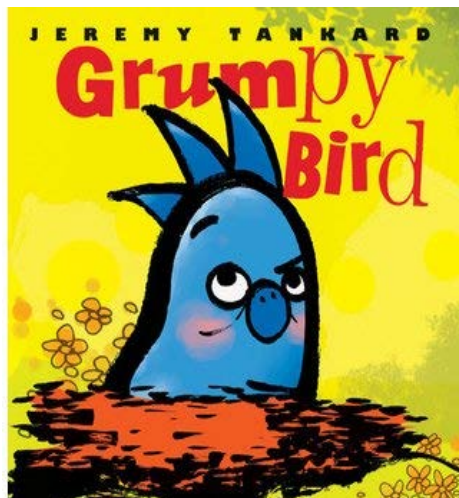
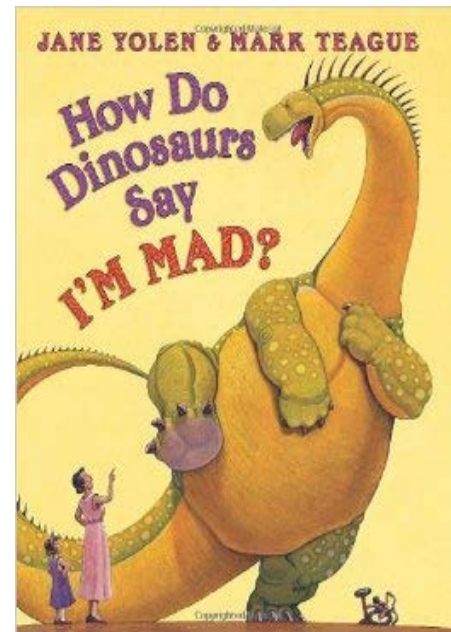
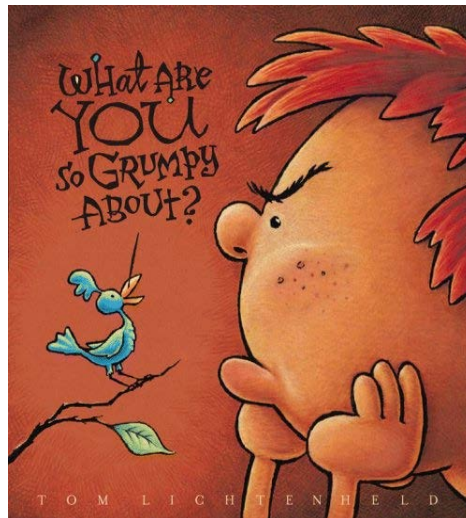
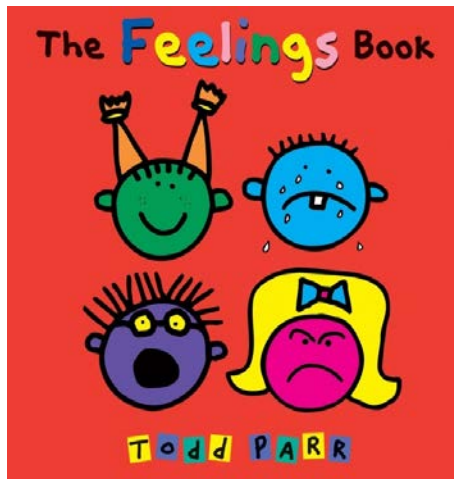
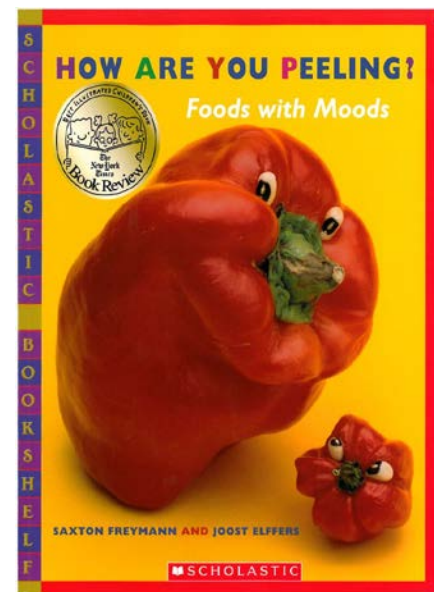
CALM DOWN

book list



CALM DOWN

book list




CALM DOWN PARENT NOTES

Send home the Calm Down parent letter to build a stronger connection between home and school.

Cut the long sheets in half, laminate, and add a magnet to the back so parents can post the Calming Words flyer on the fridge. These are also perfect to post in the classroom too!

Calming Down

Calming down and managing BIG emotions is HARD! We have been learning and practicing how to calm down when we are upset. You can help by using the same language and strategies at home. The most learning occurs when we work together as a team!



Words you can use when your child is upset:

Say in a calm/low voice at your child's level


- I see that you are upset and you feel (label their emotion).
- It's ok to be (label their emotion).
- I love you. Do you need a hug?
- Can I help you? Could we try (offer solutions to the child and help them try them)? Last time we tried (offer a solution you tried in the past that worked).
- It's not ok to ... (say the physical action they are doing that is dangerous ex: hit, kick, spit).
- I'll be over here when you are ready. (Give them space but stay close.)

Remember you are saying these things in a calm voice to help calm the child. It's hard to stay calm when they are upset so take deep breaths or a break yourself when you need to. You are teaching your child about feelings, building self regulation and self awareness. It's a hard skill to learn and will not happen over night. Don't give up, managing BIG emotions is HARD!

Make a Calm Down Kit

Make a basket of items your child can use to calm down. Ideas on items to include are:

- Squeeze ball/object
- Book
- Yoga cards or pictures
- Item to blow: bubble wand, spinner, or pin wheel
- Building blocks
- Cuddly item: pillow, puppet, or stuffed animal
- Paper and crayons
- Sensory bottle



Thank you for all your help and support!

Calming Words

Say in a calm/low voice at your child's level

I see that you are upset and you feel (label their emotion).

It's ok to be (label their emotion).

It's hard/frustrating to (ex: stop playing, share, take turns).

I love you. Do you need a hug?

Can I help you? Could we try (offer solutions to the child and help them try them)?

Do you want to try again?

Remember when you (offer solutions they have tried in the past).

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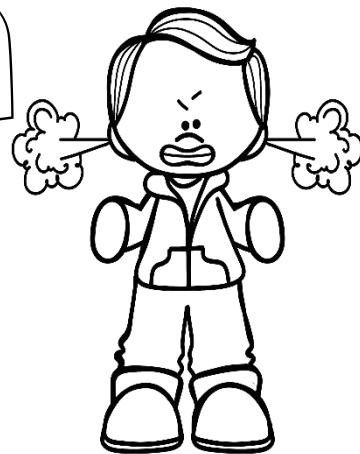
I like the way you are (praise what they are doing to calm down).

POST THESE IN YOUR HOME OR CLASSROOM

POCKET OF PRESCHOOL

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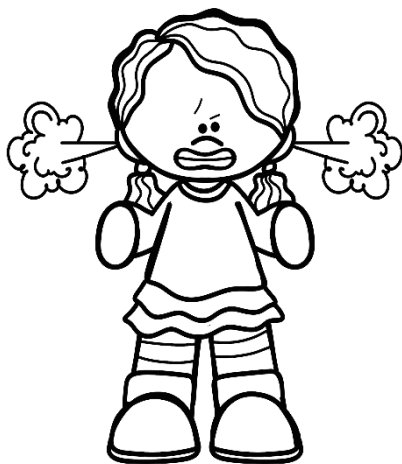
Words You Can Use When Your Child is Upset:

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Post these in your home or classroom

POCKET OF PRESCHOOL

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Post these in your home or classroom

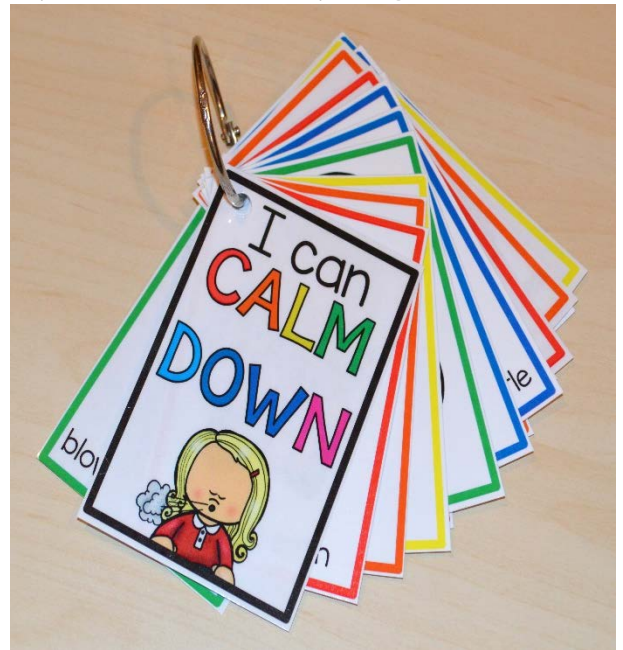
POCKET OF PRESCHOOL

CALM DOWN POSTERS

Create a poster for your classroom. Poster options:

- Print and post one of the posters.
- Print, cut off the headers leaving only one, and tape together. (pictured on the left)
- Cut out cards and headers and glue to a poster.
- Cut out cards and header page. Attach the cards to the page with Velcro making it very easy to change out the cards. (pictured - bottom right)

Make a mini Calm Down Choice Book by cutting out the cards and putting them on a metal ring. (pictured - top right)



CALM DOWN

choices



deep breath



draw



do yoga



sit



squeeze
something



look at the
sensory bottle

I can calm down when I get upset.

CALM DOWN

choices



get a drink



build



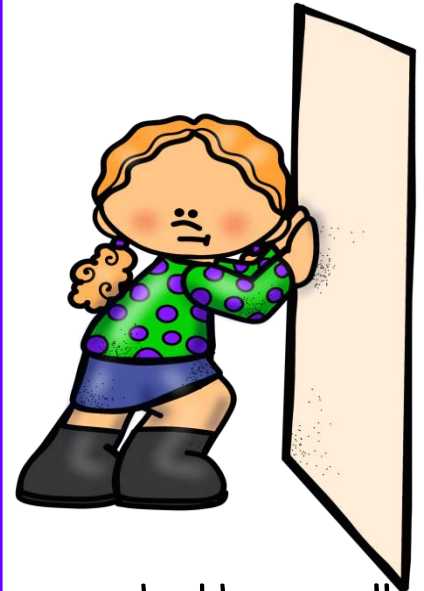
read



do
jumping jacks



listen



push the wall

I can calm down when I get upset.

CALM DOWN

choices



think happy
thoughts



go on a walk



count



deliver the mail



chew gum



exercise

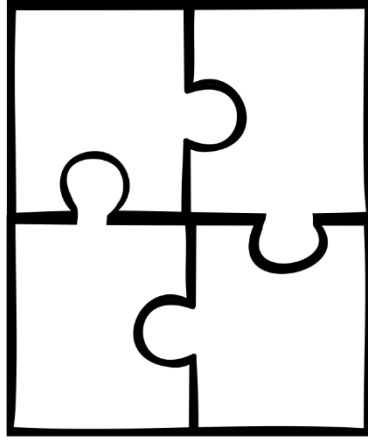
I can calm down when I get upset.

CALM DOWN

choices



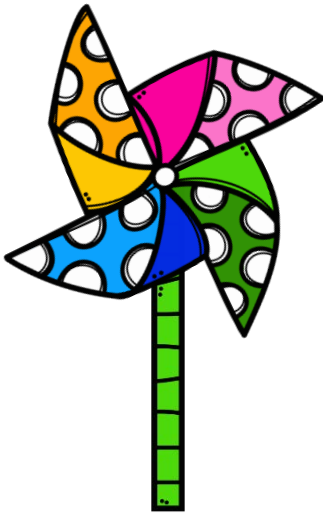
play with play
dough



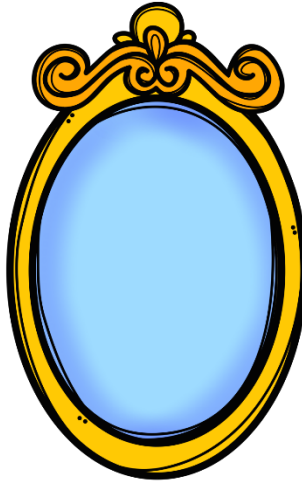
do a puzzle



blow bubbles



blow a pinwheel



look in the
mirror

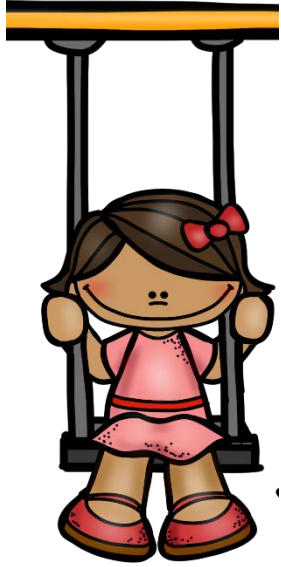


ask for a hug

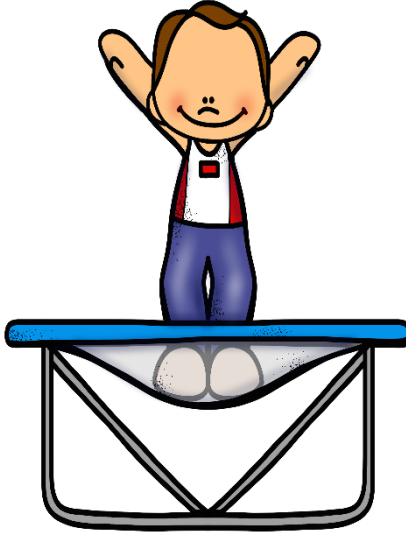
I can calm down when I get upset.

CALM DOWN

choices



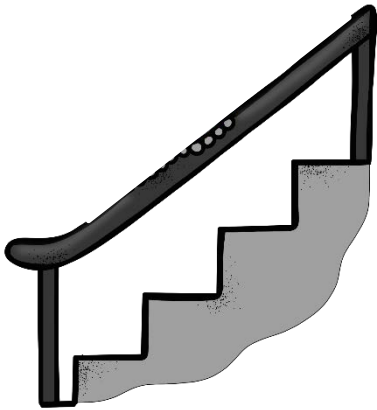
ask to swing



ask to jump



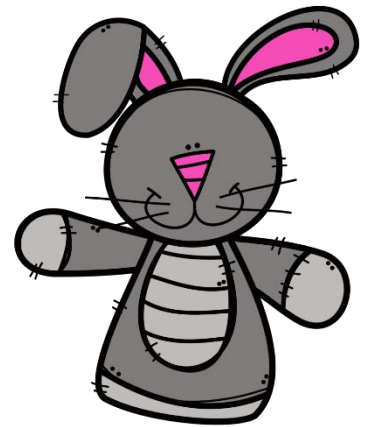
stretch



ask to walk on
the stairs



look at photos



play with
puppets

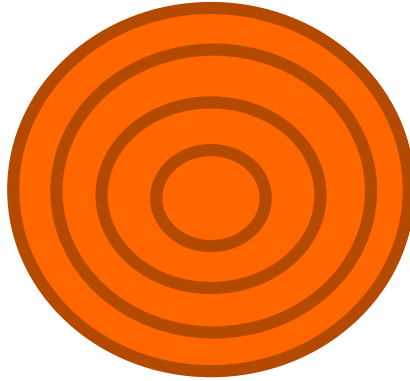
I can calm down when I get upset.

CALM DOWN

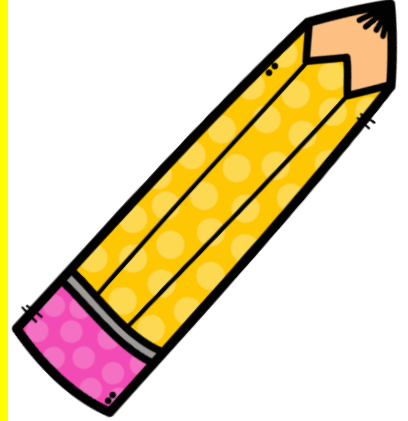
choices



push a cart



wiggle on a
cushion



write



have a snack



use lotion



ask for the
scooter board

I can calm down when I get upset.

CALM DOWN

choices

I can calm down when I get upset.

CALM DOWN choices

I can calm down when I get upset.



↑ Use this header if
you want to put the
CALM DOWN cards
on a metal ring.

Use this header if
FOR A LARGE
POSTER



I CAN CALM DOWN WHEN I AM UPSET BOOK

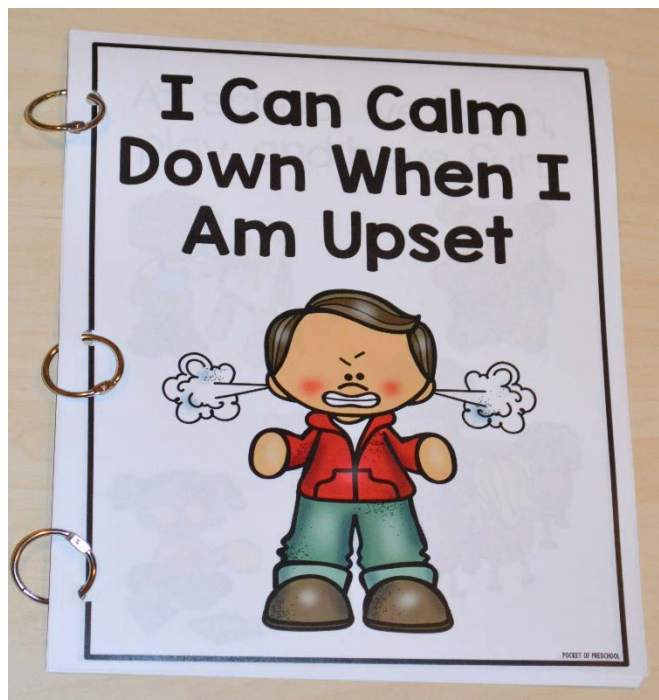
At the beginning of the year and throughout the year as needed, I read this book during circle. This book shows students strategies they use when they are upset.

You pick what pages you want to use. Use all of them or just some of them. You know your students best.

***On the page with the words "I can" glue the calm down choice cards you want your students to use.

Send it Home with Students: Make a second copy for students to take home. Each night send the book home with a student. He/she can read it with her family and hopefully it will be a discussion starter. Save ink and print it smaller (see page 4 for printing directions).

**You can also send it home with individual students.



I Can Calm Down When I Am Upset



At school we learn,
play, and have fun.



Sometimes I get
upset.



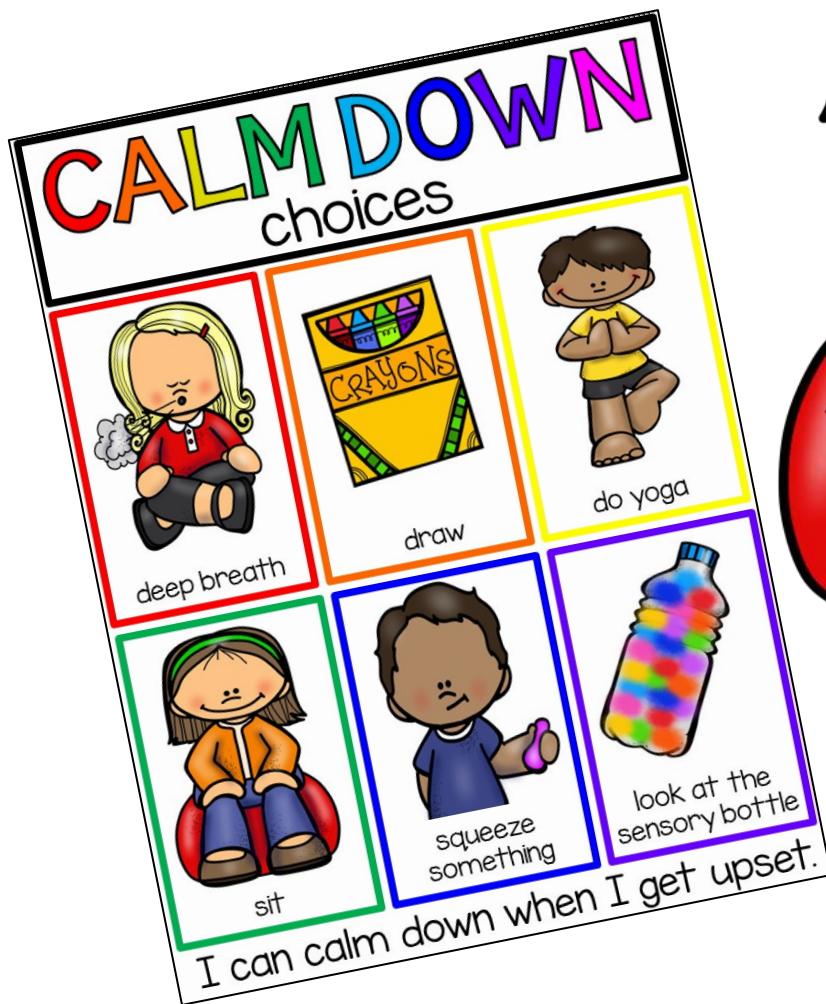
When I get upset, I
can make good
choices and calm
down.



First, I use my
words and say how I
feel.



I pick a calm down
choice to help me
calm down in a safe
way.

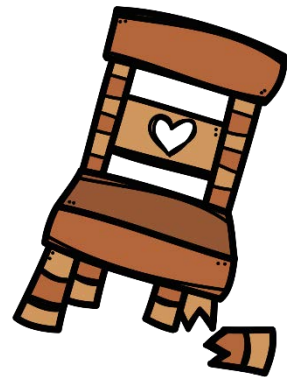


I can

It is never ok to
scream



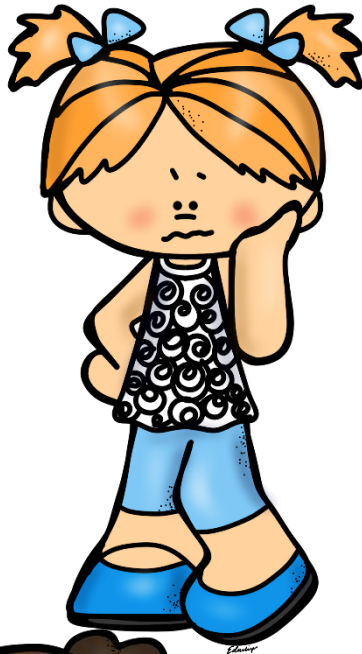
break things



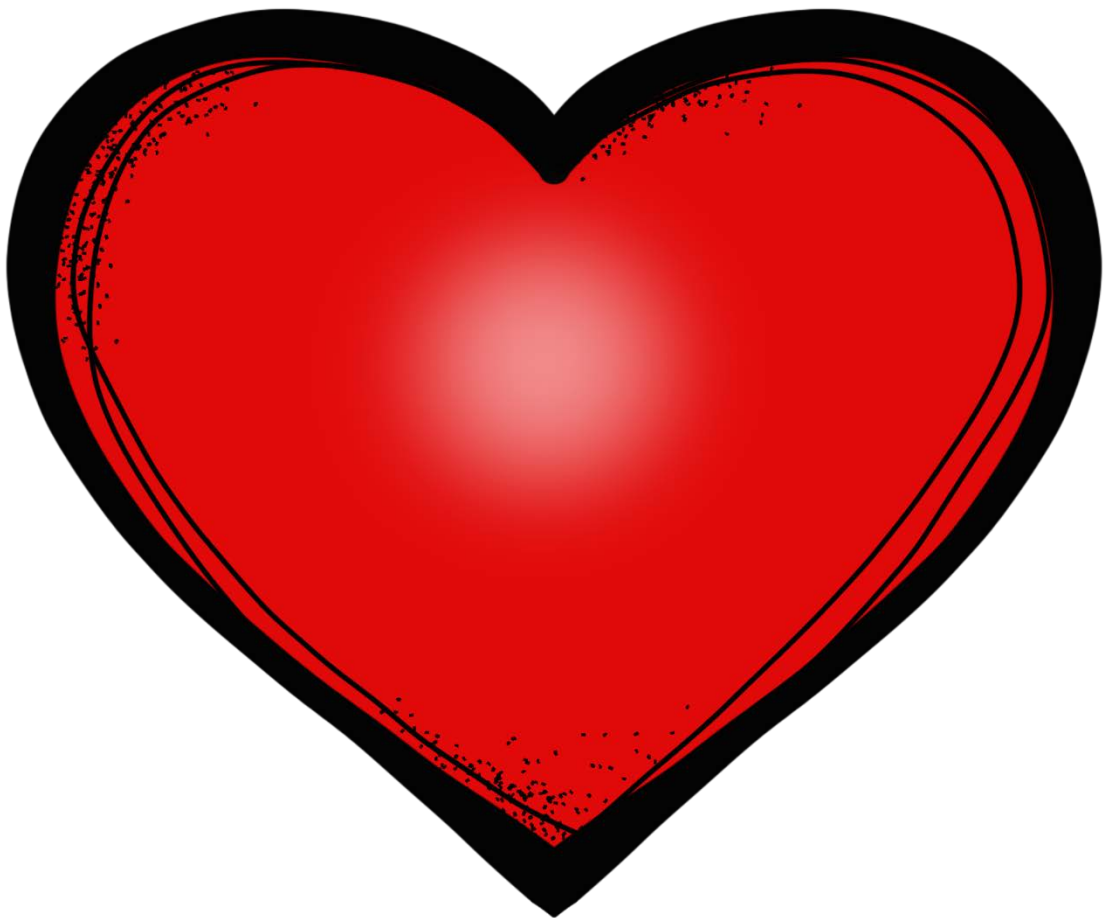
hurt others



It is ok to get upset.
Everyone gets upset
sometimes.



Using my words,
saying how I feel,
and calming down
keeps everyone safe.



When I calm down it
makes my teachers
happy, my friends
happy, and me happy
too.



CALM DOWN KIT

Create a calm down kit for your classroom, cozy corner, safe place, or any calm/quiet place in your classroom.

You can put as many items as you wish in your calm down kit. Just remember, too many things can be overwhelming for students. Start with just a few things at the beginning of the year. As the year goes along and students get bored with the items in there, add more or rotate items.

Ideas

- Use a plastic tub or basket for your calm down kit and place the sign on it (on the next page).
- Add Calm Down Choice Cards on a metal ring
- Add items to match your calm down choices
 - Crayons, paper, silly putty, squishy balls, therapy balls, sensory bottles, small blocks in a baggie, small books, headphones, music player, gum, play dough, clay, small puzzle, bubbles (real or pretend), pinwheel, mirror, family/class photos, puppets, lotion, chewy snack, pencil, notebook
- Add Yoga Pose Cards on a metal ring.
- Add Deep Breaths Visual
- Add I Can Calm Down When I Am Upset book



calm
down



Kit

calm
down



Kit

calm
down



kit

calm
down



kit

SENSORY BOTTLES

Creating sensory bottles is EASY.

Bottles: You can use any plastic bottle with a lid. I like to use Gatorade bottles or plastic Voss water bottles. They usually hold up for at least one school year or more. Voss water bottles can be purchased on Amazon.

Lids: ALWAYS hot glue the lid closed and add tape to the outside. I add tape so my friends don't pick at the hot glue.

Inside: Go through your supply closet and you can probably find things you can use to fill a few sensory bottles. Check the dollar store for goodies too.

Ideas: (pictured from left to right)

- Red food coloring and water, vegetable oil
- Water, orange colored dish soap (only fill $\frac{1}{2}$ way so students can make bubbles when you shake it)
- Yellow hair gel, water (1/4 cup), foam shapes
- Green food coloring and water, glitter, and pony beads
- Blue food coloring and water, baby oil
- Water and crayon shavings

If you want more sensory bottle inspiration check out my social emotional [Pinterest board HERE](#) or my sensory [Pinterest board HERE](#).



DEEP BREATH CHART

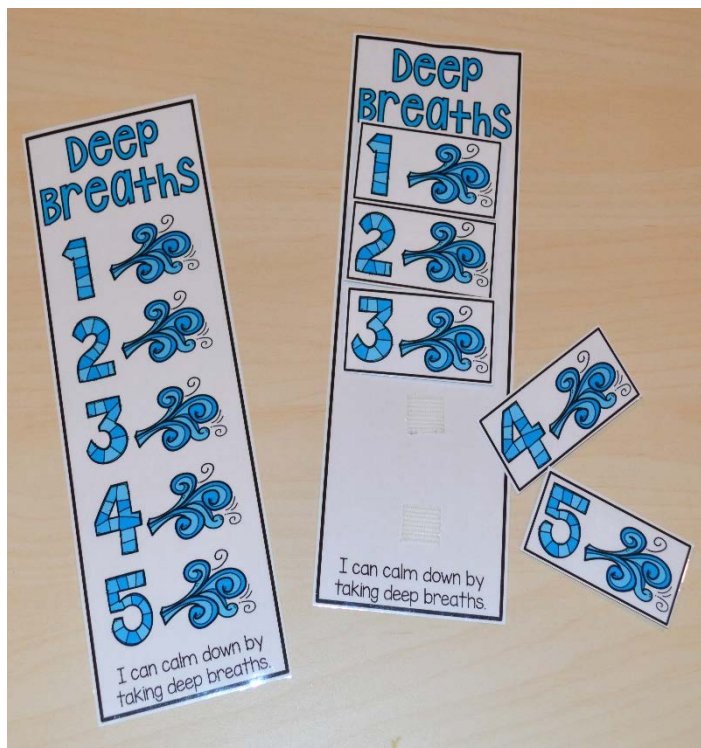
Deep breaths helps students calm down. Use this visual to help students slowly take deep breaths.

Use with the whole class. Use with individual students. And add to your safe place/cozy corner, or place in your calm down kit.

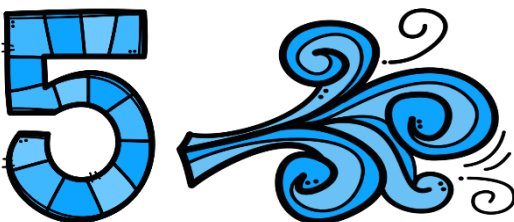
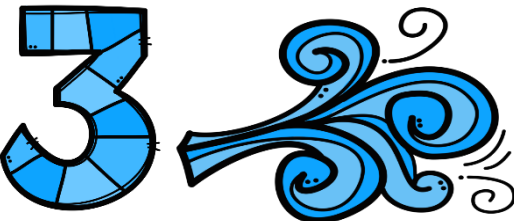
Two Options:

- First chart: just print
- Second Chart: Cut out each breath rectangle and chart. Attach the deep breath rectangles with Velcro. Students can take off the breath rectangles one by one as they take their deep breaths.

***If your students are struggling taking big deep breaths add a prop. Add a bubble wand and have students pretend to blow bubbles. Add a candle and have students pretend to blow out the candle. Add a pinwheel and have students blow the pinwheel.

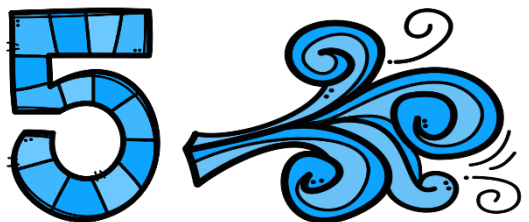
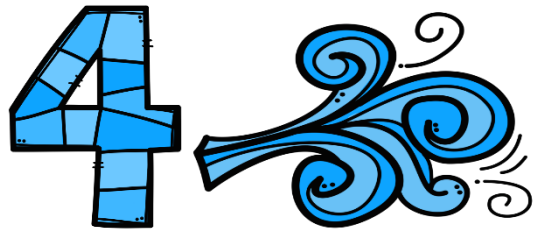
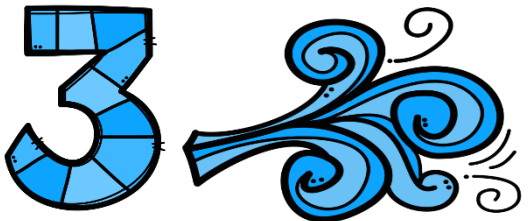


Deep Breaths



I can calm down by
taking deep breaths.

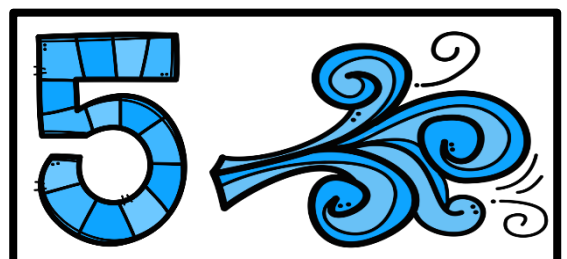
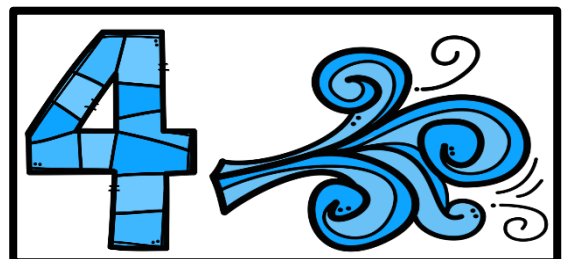
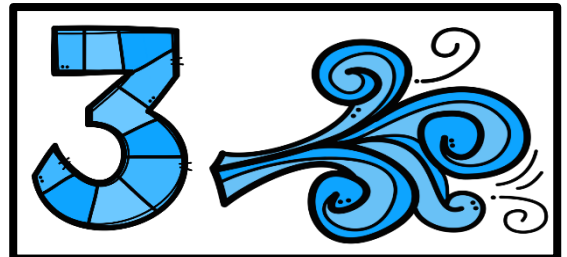
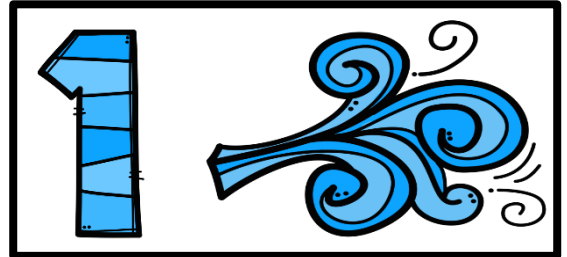
Deep Breaths



I can calm down by
taking deep breaths.

Deep Breaths

Cut out each rectangle. Attach with Velcro. Students can take off the breath rectangles one by one as they take their deep breaths.



I can calm down by
taking deep breaths.

YOGA POSES MINI BOOK

Yoga in the classroom is calming for everyone (teachers too).
Print and bind with a metal ring (in the corner).

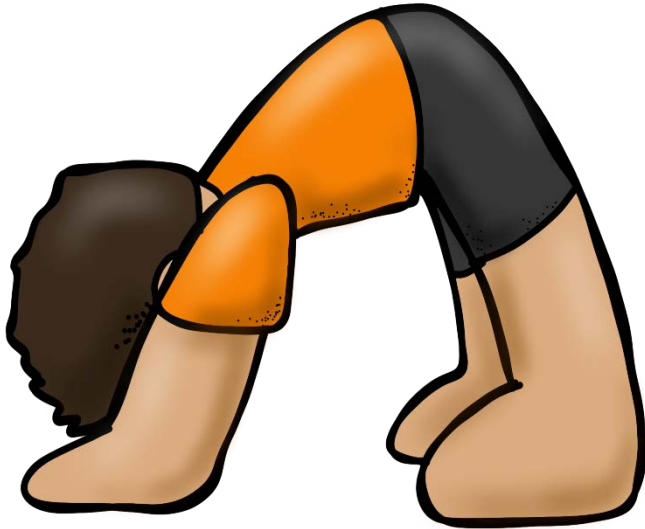
Use with the whole class, a small group, or for indoor recess.
Add to your safe place/cozy corner, or place in your calm
down kit.



Yoga Poses



plank



down dog



boat



tree



star



crescent
moon



chair

SAFE PLACE

Post the Calm Down poster in your classroom all year long. Put them in a place where students can use them as a tool when they need to calm down.

My safe place is a small spot in my classroom students can go to when they are upset, need to calm down, want to be alone, or have a problem (pictured below).

Other items in my safe place: mirror, [Feeling Poster](#), sensory bottles, [Problem Solving Poster](#), bean bag, sand timer (for turn taking), and a stuffed animal. Other things you can add are a calm down kit, stress balls, deep breaths chart, tissues, lotion, pillow, tent, play dough, puppets, feeling books, or a plant.

The safe place is NOT time out. You want it to be a positive place in your classroom. A place where students feel safe and understood.



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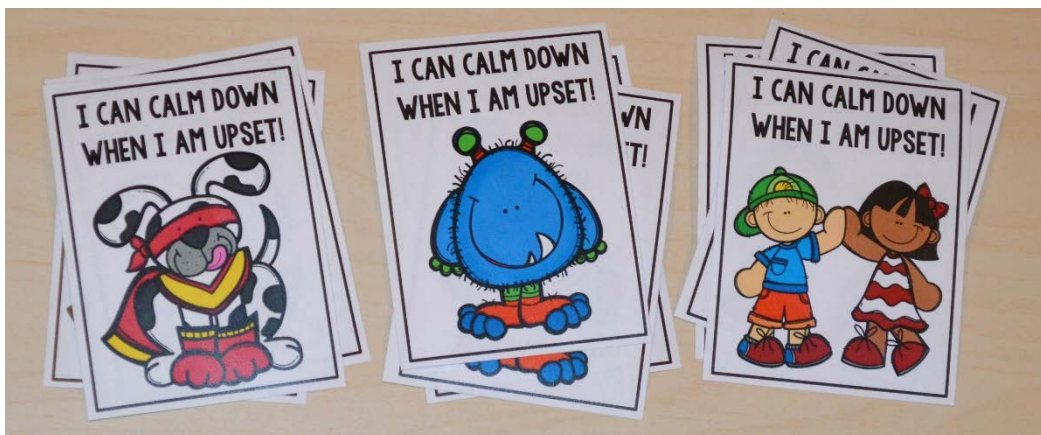
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POSITIVE STUDENT NOTES

Included are Calm Down positive notes in color and black and white. Print the black and white notes on colored paper for more fun!

When you see students using calm down strategies at school, give them a positive note to celebrate.



**I CAN CALM DOWN
WHEN I AM UPSET!**



**I CAN CALM DOWN
WHEN I AM UPSET!**



**I CAN CALM DOWN
WHEN I AM UPSET!**



**I CAN CALM DOWN
WHEN I AM UPSET!**



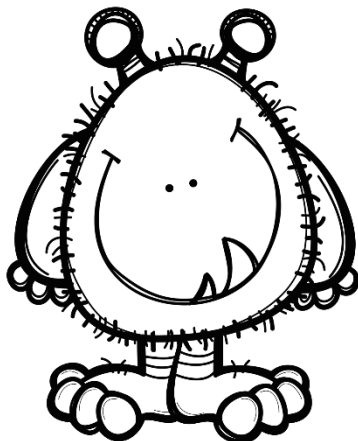
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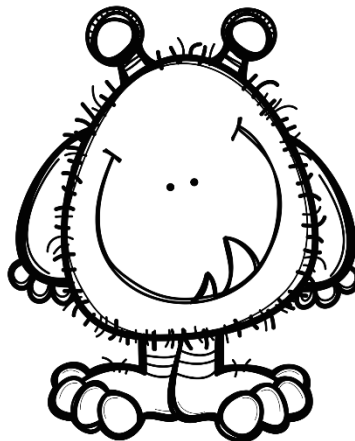
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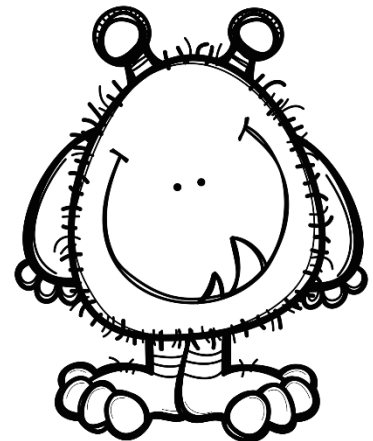
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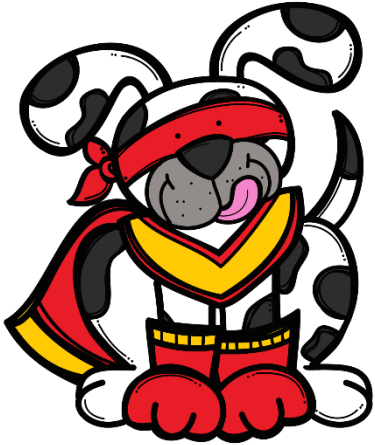
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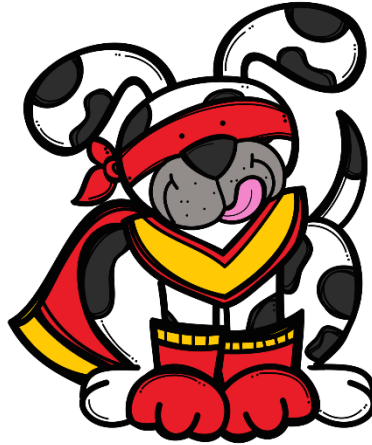
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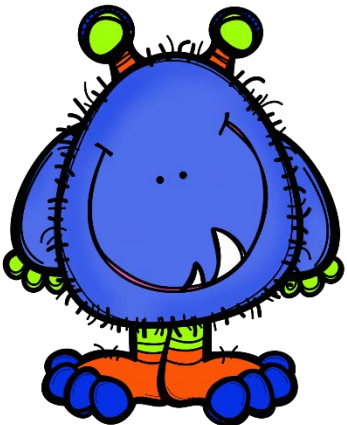
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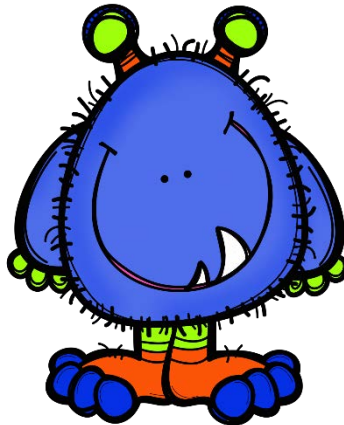
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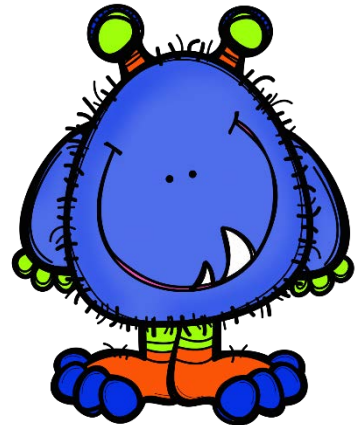
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**I CAN CALM DOWN
WHEN I AM UPSET!**





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