Strategy cards

1. Set the timer.

2. Think about how you are feeling.

3. Pick a calming strategy to use.

4. When the timer is finished, think about how you are feeling now.

5. Are you ready to go back to class?

...selor Keri

...E A ...AK

...calm

I can re...

I can write a letter to let someone know how I'm feeling and what I need.

I can draw a picture of a place or person that I love.

...breathe.

...the in

3   4   5

...the out

3   4   5

I can breathe.

inhale   exhale

I can...

I can notice the here and now.

Name 5 things I see.

Name 4 things I hear.

Name 3 things I smell.

Name 2 things I can touch.

Name 1 thing I can taste.

I can color.

I can puzzle

How to do balloon breathing

Inhale... your f... the b... your... balla... Exha... you... str... th...

...think ...e ...ts.

I can handle hard things.

I am important and loved.

I can count down to calm down.

6   5   4

7   3

8   2

1

I fi...

I can do pushups.

I can do jumping jacks.

I can str...