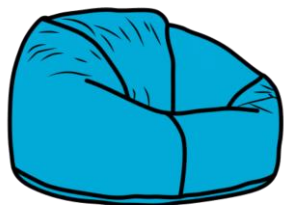
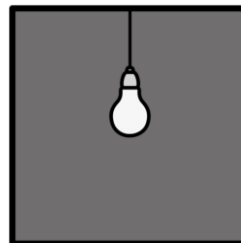


## Resource: Calm Cards – strategies to support feeling calm

Relax on a beanbag



Find a dark space



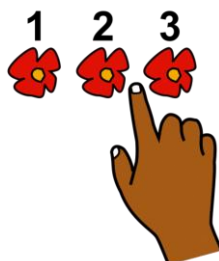
Read/look at a book



Look – Look out of the window – what can you see?



Choose something to count



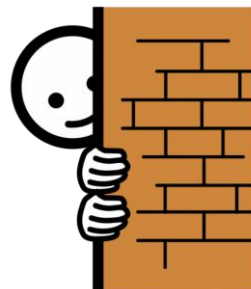
Bang a drum or other musical instrument



Wrap up tightly in a blanket



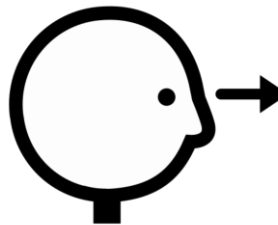
Hide somewhere small



Listen – Close your eyes, listen for 3 things you can hear



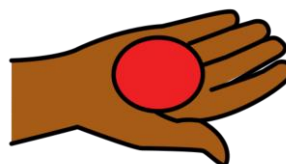
Look – Look around, find 3 things you can see



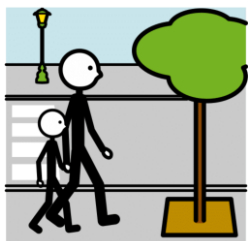
Breathe – Take 3 breaths – in for a count of 3 and out to a count of 5



Touch – Find something nice to hold or feel



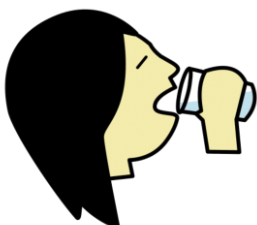
Movement – go for a walk and notice what you see.



Colour in a picture or draw some doodles



Have a drink



Have a snack

