



When feelings get big, these are the tools that can help. Different tools work for different moments — try a few until you find your favorites. Circle the ones that work for you.

BODY

- Take 5 slow belly breaths
- Push against a wall (count to 10)
- Drink cold water
- Splash cold water on face
- Run / jump / dance for 1 minute
- Tense and release each muscle
- Stretch arms up high · then down low
- Wall sit for 30 seconds
- Carry something heavy across the room
- _____
- _____
- _____

MIND

- Name 5 things you see
- Count backwards from 50 by 3s
- Picture a calm place — describe it
- Say 3 things you're grateful for
- Read a few pages of a book
- Do a puzzle or maze
- Repeat a calming phrase
- Spell your name backwards
- Imagine your favorite memory
- _____
- _____
- _____

SENSES

- Smell something nice (lemon, lavender)
- Hold something soft or fuzzy
- Squeeze a stress ball or pillow
- Listen to a favorite song
- Wrap up in a heavy blanket
- Eat something crunchy
- Look out a window for 1 minute
- Run hands under cool water
- Notice 3 sounds around you
- _____
- _____
- _____

CONNECTION

- Ask for a hug
- Talk to someone you trust
- Write a note to someone
- Pet a dog or cat
- Draw a picture for someone
- Help with a small task
- Just be near someone — no words needed
- Call a grandparent or friend
- Look at photos of people you love
- _____
- _____
- _____