

My Calm-Down Toolbox: Self-Regulation Strategies



Use the matching sheet ID when checking answers.

Match each calm-down strategy with how it helps your body feel peaceful again.

1. Deep Belly Breathing — Breathe in like a flower → Slows down your heart rate and delivers fresh oxygen to your brain.
2. Count Slowly to 10 — 1, 2, 3... 10 → Gives your thinking brain time to pause before reacting in anger.
3. Drink a Glass of Cool Water — Take slow sips → Cools down your body and resets your physical focus.
4. Talk to a Trusted Adult — Teacher or Parent → Helps you share heavy feelings so you don't feel alone.