

My Calm-Down Toolbox: Self-Regulation Strategies



Name: _____ Date: _____

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

1. Deep Belly Breathing — Breathe in like a flower → _____
2. Count Slowly to 10 — 1, 2, 3... 10 → _____
3. Drink a Glass of Cool Water — Take slow sips → _____
4. Talk to a Trusted Adult — Teacher or Parent → _____

Choices: A. Gives your thinking brain time to pause before reacting in anger. · B. Helps you share heavy feelings so you don't feel alone. · C. Slows down your heart rate and delivers fresh oxygen to your brain. · D. Cools down your body and resets your physical focus.