



Student Name: \_\_\_\_\_

Obtain Marks: \_\_\_\_\_

# Calm Down Steps Card

## Emotional Regulation



When big feelings show up, try these in order.

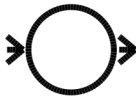
1



**STOP**

Freeze your body. Put your hands still and pause.

2



**BREATHE**

Take 3 slow breaths. Breathe in through your nose, out through your mouth.

3



**COUNT**

Count slowly to 5, out loud or in your head.

4



**NAME IT**

Say the feeling out loud: "I feel \_\_\_\_."

5



**ASK FOR HELP**

Tell a grown-up what you need, or ask for a hug.