

Calm Down Steps Card

Emotional Regulation



When big feelings show up, try these in order.

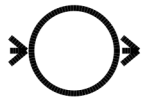
1



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.