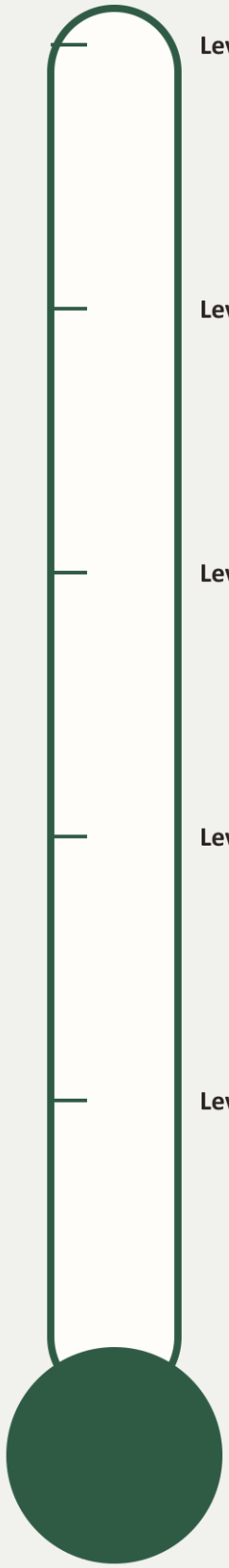
Emotional Regulation 'Calm Down Corner' Feelings

ARCTIC EXPLORER & PINE EDITION



How big is my feeling?

Start date

Target date

Monthly deposit

Why it matters

Emotional Regulation 'Calm Down Corner' Feelings

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Calm idea 1	Calm idea 2	Calm idea 3
Push the wall	Count to 10	Take 5 deep breaths
Calm idea 4	**Calm idea 5**	**Calm idea 6**
Ask for a hug	Squeeze a pillow	Draw it out
Calm idea 7	**Calm idea 8**	**Calm idea 9**
Listen to music	Name the feeling	Get a drink of water