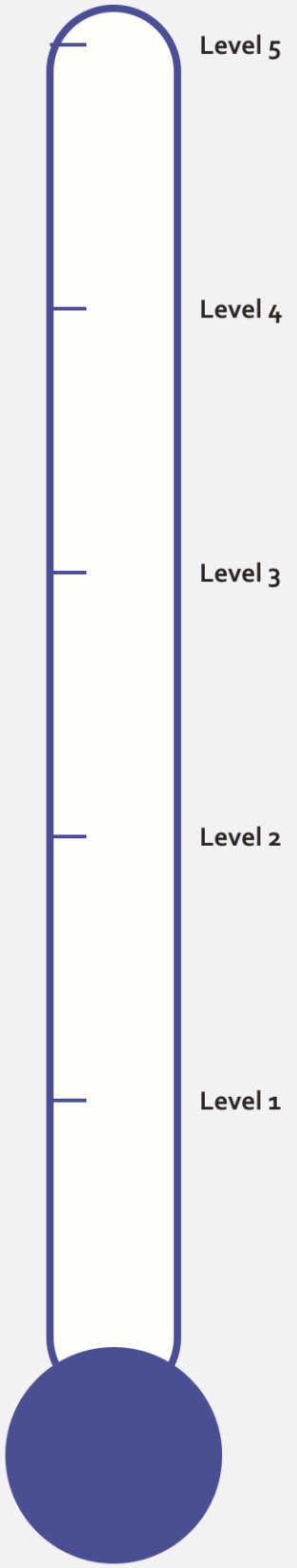
Emotional Regulation 'Calm Down Corner' Feelings

CELESTIAL STARLIGHT & MOON EDITION



How big is my feeling?

Start date

Target date

Monthly deposit

Why it matters

Emotional Regulation 'Calm Down Corner' Feelings

CELESTIAL STARLIGHT & MOON EDITION

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