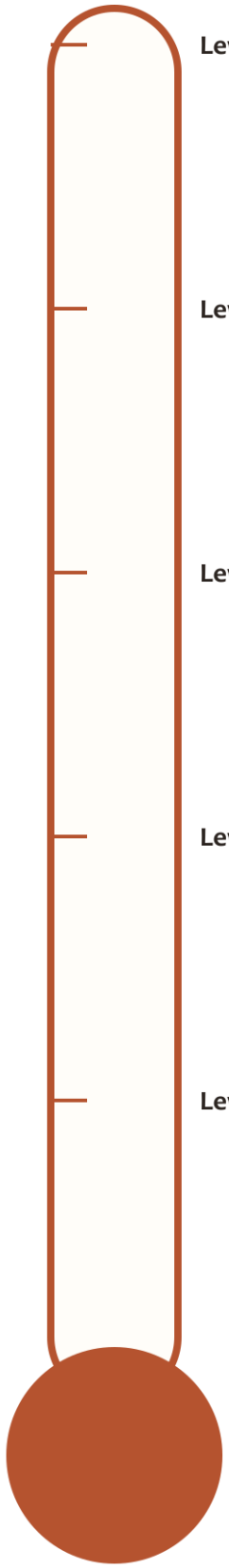
Emotional Regulation 'Calm Down Corner' Feelings

COSMIC ROCKET & GALAXY EDITION



How big is my feeling?

Start date

Target date

Monthly deposit

Why it matters

Emotional Regulation 'Calm Down Corner' Feelings

COSMIC ROCKET & GALAXY EDITION

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