Emotional Regulation 'Calm Down Corner' Feelings

DINO BOTANICAL SAFARI EDITION



How big is my feeling?

Start date

Target date

Monthly deposit

Why it matters

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