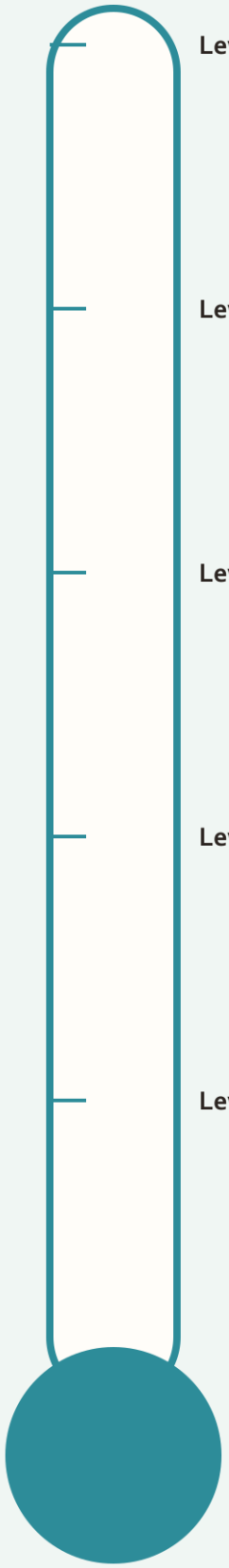
Emotional Regulation 'Calm Down Corner' Feelings

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