Emotional Regulation 'Calm Down Corner' Feelings

ORCHARD HARVEST & APPLE 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
Name the feeling	Go for a walk	Ask for a hug
Calm idea 4	**Calm idea 5**	**Calm idea 6**
Push the wall	Get a drink of water	Stretch tall
Calm idea 7	**Calm idea 8**	**Calm idea 9**
Take 5 deep breaths	Blow bubbles	Draw it out