Emotional Regulation 'Calm Down Corner' Feelings

RAINBOW SUNBURST & CLOUD 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
Push the wall	Blow bubbles	Squeeze a pillow
Calm idea 4	**Calm idea 5**	**Calm idea 6**
Get a drink of water	Go for a walk	Ask for a hug
Calm idea 7	**Calm idea 8**	**Calm idea 9**
Draw it out	Stretch tall	Count to 10