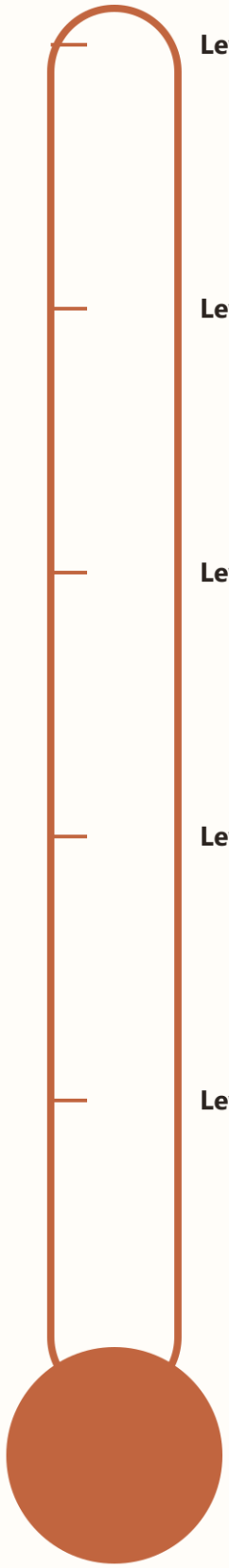
# Emotional Regulation 'Calm Down Corner' Feelings

STRAWBERRY PATCH & GARDEN BEE EDITION




## How big is my feeling?

Start date

Target date

Monthly deposit

Why it matters

# Emotional Regulation 'Calm Down Corner' Feelings

STRAWBERRY PATCH & GARDEN BEE EDITION



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