

About Calm Cards

Why?

- ♥ Helps promote Self-regulation
- ♥ Visual (AAC)
- ♥ Emotion regulation
- ♥ Reduce frustration behaviours driven by unable to express
- ♥ Positive Behavioural Support
- ♥ Empowering
- ♥ Problem-solving

Steps to implement:

Step 1: Introduce your child to the cards while they are feeling neutral.

Talk through each of the cards and how you can use them.

Ask them if they want to have a turn.

Let know explore them.

Tell them they are called Calming Cards and your child can use them when they are feeling... upset, angry, frustrated.

Place them in an accessible location and show your child where they are.

Step 2: On the first few occasions when your child is displaying the relevant emotions, prompt and model use. This means you model verbally and with gestures as if you are the *upset* person..

“It looks like your feeling angry”

“This is when we can use the calm card, let me get them”

Take them to your child. But you hold them and lead the activity.

“What one should we do first?” while flicking through the pages.

If they are too upset to start, you have a turn.

“I might do this one first!” and start.

Verbalise your activity where you can i.e. if you pick a counting to 10 card.. count out loud and point to each number.

“I’m feeling a little more calmer now”

Offer them a turn.

For the first few things, the activity might end here.. without your child having a turn.. and that is okay. Place the cards back where they were.

What has this achieved: You’ve shown them an option to feeling calmer.

Step 3: Continue this process each time the relevant emotion occurs and you should start to notice them participating a little more each time.. If not ask them, what would make you feel calmer? Doing a puzzle, reading a book on your own, cuddling a teddy.

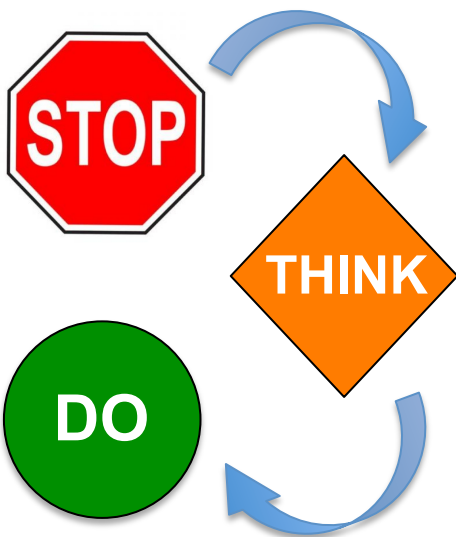
Watch it in action here:

<https://www.youtube.com/watch?v=DWLn1jGWXto>

The attached Calm Cards are a resource from Very Special Tales.

Feeling Good Kit

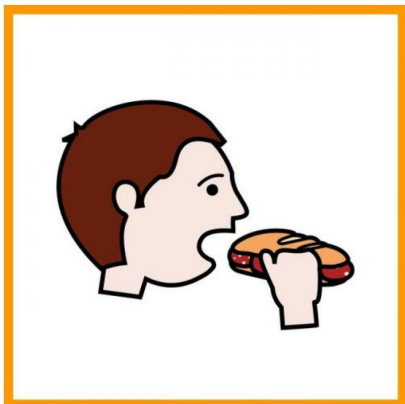
ASK MOM FOR HELP



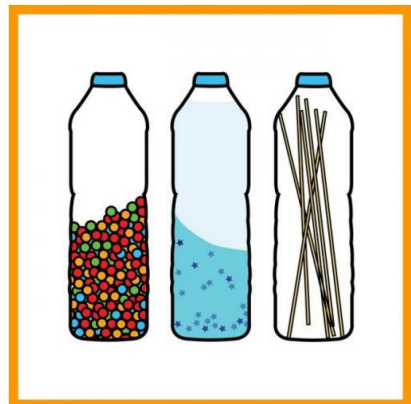
COUNT

1, 2, 3,
4, 5, 6,
7, 8, 9,
10

HAVE A SNACK

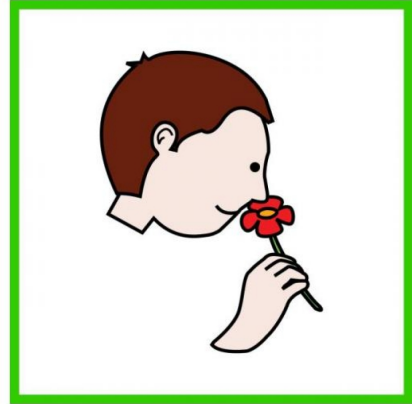


SENSORY BOTTLES



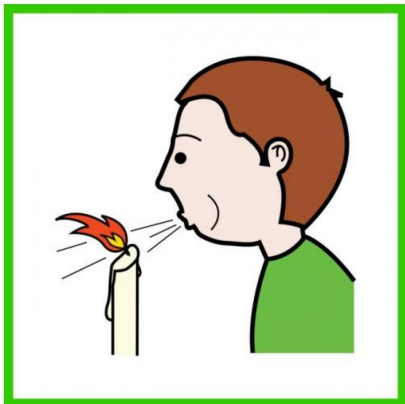
Breathing Exercises

BREATHE IN LIKE



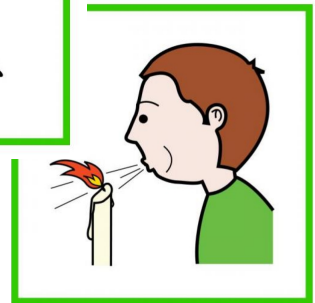
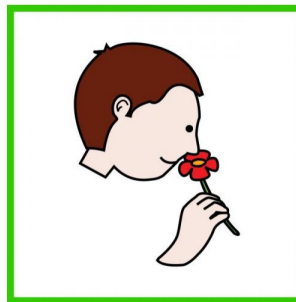
SMELLING A FLOWER

BREATHE OUT LIKE

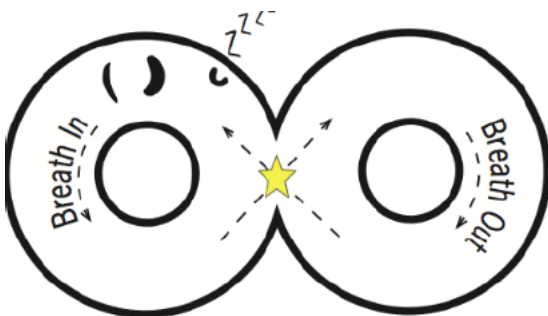


BLOWING A CANDLE

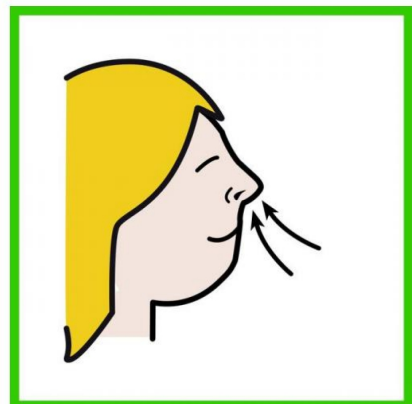
BREATHE IN & OUT



PRACTICE
LAZY 8 BREATHING

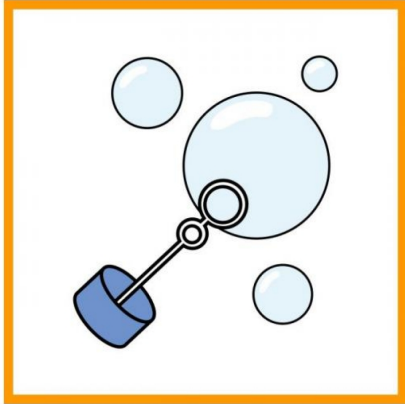


BREATHE IN & OUT



WHILE MOM COUNTS TO TEN

BLOW BUBBLES



**Leave The
Situation!
(physically)**

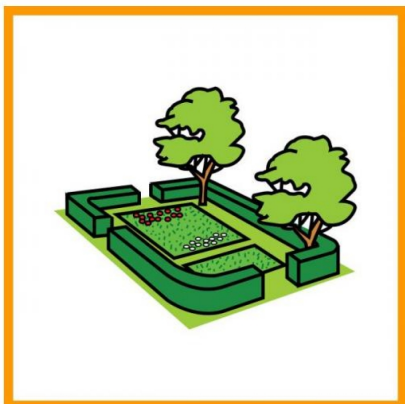
GO TO ANOTHER ROOM



GO TO A QUIET PLACE

9

GO FOR A WALK



STEP OUT TO THE GARDEN



**Leave The
Situation!**
(change activity)

WATCH TV



MOM TELLS A STORY



PLAY A GAME ON A TABLET

MAKE A DRAWING



PLAY WITH PLAYDOUGH

PLAY A BOARD GAME

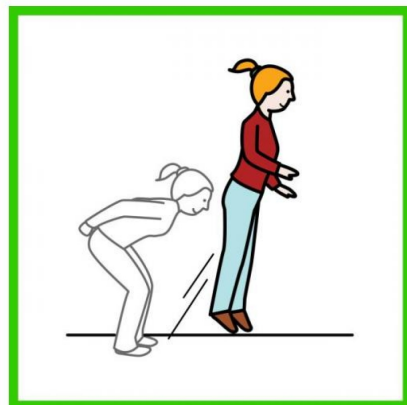


LISTEN TO MUSIC



**Physical
Activity =
Burn
Energy**

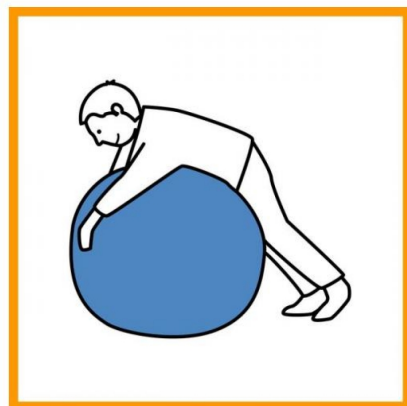
JUMP



RUN

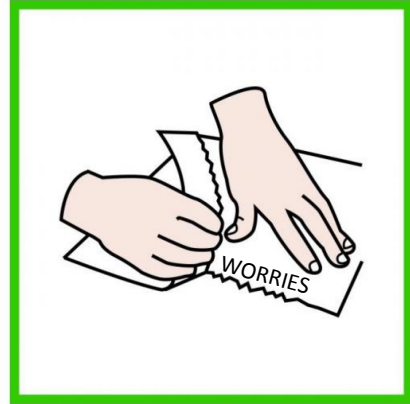


BOUNCE ON A BALL



Other Relaxation Techniques

WRITE DOWN WORRIES



& TEAR THE PAPER

PROGRESSIVE MUSCLE
RELAXATION FOR KIDS



PRACTICE YOGA



MEDITATION



SQUEEZE / RELEASE





THINK HAPPY THOUGHTS

HOLD / SQUEEZE



YOUR FAVORITE TOY