

# CALM DOWN Techniques

By: Sara-Jane Lai



# Teacher Note:

Hi There! Thanks so much for purchasing this resource! I absolutely loved making it and using it in my classroom! I created this in response to my preschoolers needing strategies to manage their own feelings when they felt upset, anxious, nervous or just needing a quiet space to recharge.

With that in mind, this resource can be used to set up a "Calming Area" in your classroom to support those children that need a calming space they can go to when needed.

I've also included resources you can use to teach some of those calming methods in group lessons. They include Yoga cards, Cookie Breathing and 5 Finger Breathing techniques.

The CASEL SEL COMPETENCIES supported by this resource are:

- a. Self-Awareness - Identifying one's emotions
- b. Self-Management - The ability to manage one's emotions

I hope this resource is helpful to you and your young learners!

😊 If you have any questions, email me at:

[Sara@sparkinterestwithSara.com](mailto:Sara@sparkinterestwithSara.com)

I would love to connect and hear about your experience using this resource.

You are doing a great job! Keep doing what you are doing!



*Sara*

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CLICK ON THE LINKS





# DETAILED SUGGESTED USE

INCLUDED IS A DETAILED PRODUCT DESCRIPTION & SUGGESTED USE – NO PLANNING NEEDED!

## Techniques to Calm Down:

### Techniques to Calm Down:



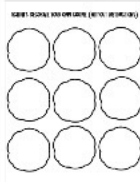
Introduce different Calm-Down Strategies

- Cookie Breathing and 5 Finger Breathing are EXCELLENT for our students to learn.

Cookie Breathing - Once you've taken the children on an imaginary journey of cookie breathing, let them to make their own to take home. 2 options - with instructions or without.



With Instructions  
Print on cardstock  
and decorate the other side



Blank Version

With the other Calm Down Techniques, I work them into our day. For example, 5 right when we get into group time.



Feelings: Feeling Cards

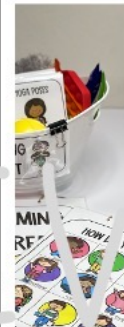
ing - What does it look like? What does he children to demonstrate? When felt this way?

Further by exploring facial expressions. My students are talking about how different people feel a person's emotion.



## Techniques to Calm Down:

Product Description & Suggested Use



- To create a Calm Down Area use:
- Calming Basket Sign
  - Calming Area Sign to mark the location in your classroom.
  - Display How Do You Feel Poster & Ways to Calm Down Poster.
  - Place laminated Yoga cards in your calming basket.
  - Add other items into your basket - soft toy, bubbles, stress balls, feathers, Pop-It etc.

Optional:

- Print Ways to Calm Down in color and make it into a book to place in your Calm Down Area.

Or

- Print Ways to Calm Down in black & white and make it a coloring-in book.

\*NOTE: Pick and choose which Calm Down Techniques you want to introduce with your class. Create a display using the Ways to Calm Down Cards.

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## Techniques to Calm Down:



Bringing it Together: What can we do when we feel ...?

- This can be done as a whole group on the mat or with an individual child who needs it. I've done both and they work well either way.
- Get your children involved in giving Calm-Down Strategies they will use when they have a particular feeling.

**PRINTABLE  
VERSIONS  
COLOR + B+W**

## LOOKING TO CREATE A CALM SPACE IN YOUR CLASSROOM? WHAT'S INCLUDED?


-  CALMING AREA SIGNS (3 DIFFERENT WORDING)
-  CALMING BASKET SIGN
-  15 YOGA POSES CARDS
-  HOW DO YOU FEEL? POSTER
-  HOW DO YOU FEEL? DISPLAY
-  CALM DOWN TECHNIQUES POSTER & DISPLAY





# HELP YOUR STUDENTS IDENTIFY HOW THEY ARE FEELING



 USE THE FEELING CARDS PROVIDED TO  
DISCUSS WHAT EACH FEELING FEELS LIKE AND  
LOOKS LIKE.

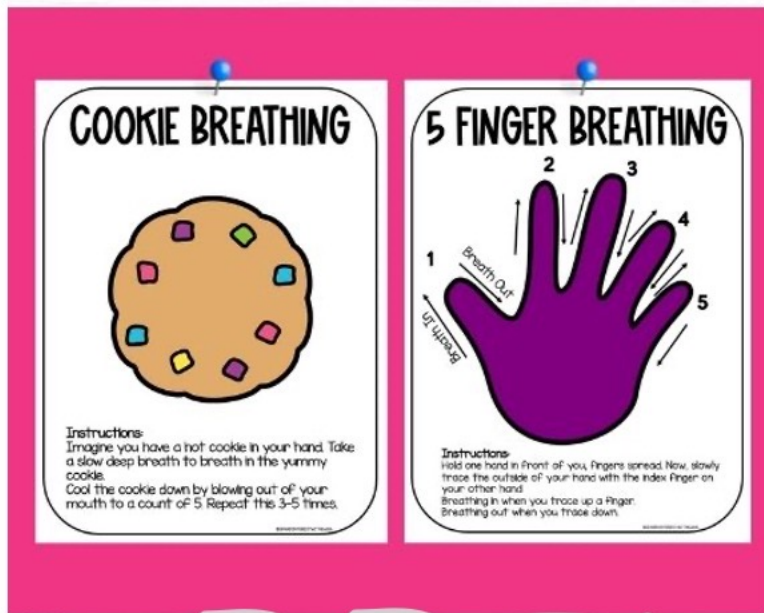
# BRINGING IT ALL TOGETHER



GET YOUR CHILDREN INVOLVED IN  
BRAIN STORMING CALM-DOWN  
STRATEGIES THEY WILL USE WHEN THEY  
HAVE A PARTICULAR FEELING.



# INCORPORATE CALM DOWN STRATEGIES INTO YOUR DAY!



 PRACTICE  
COOKIE  
BREATHING & 5  
FINGER  
BREATHING!

PREVIEW

 DO YOGA!





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