

My Calm Down Helpers

When I feel upset, worried or overwhelmed, some things help me feel calm again. Tick the ones that help you.

Everyone is different.
There is no right or wrong choice.



Things that help me feel calm



Cuddles

☐


Playing with toys

☐


Bubbles

☐


Colouring or drawing

☐


Listening to music

☐


Reading a story

☐


Quiet time

☐


Time with my favourite person

☐


My teddy

☐

What else helps me?

Draw something that helps you feel calm.



You are doing your best, and that is something to be proud of.