

My Calm-Down Steps

Name: _____ Date: _____

1



Stop

Notice the big feeling.

2



Breathe

Take 3 slow, deep “smell-the-flower, blow-the-candle” breaths.

3



Count

Count slowly to five together.

4



Comfort

A cuddle, a squeeze, or a quiet corner.

5



Talk

Name the feeling and what we need.

How to use this

Practise the steps together when everyone is calm and happy.

Keep the card handy — on the fridge, in your bag.

In a big moment, stay calm yourself and do the steps WITH your child.

Afterwards, praise them for calming down — “You did your breaths, well done.”

Pairs with our free **Big Feelings program** at inclusivetherapycentre.com/home-programs