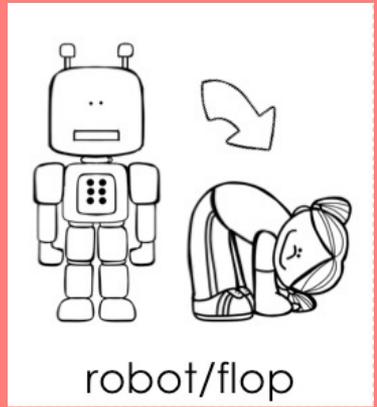


ANGER MANAGEMENT for KIDS

185 Calming Strategy Cards

To help kids manage their own anger



CALMING STRATEGY CARDS

HOW TO USE: Print off the cards you feel are most useful for your child and cut to separate them. Spend time together looking through them, discussing which strategies they would like to try. Some strategies may work better in certain situations depending on the level of anger, the child's ability to self-regulate and if they have sensory issues. Some strategies may work well with another, for eg, slowing their breathing then sitting under a weighted blanket. When they have chosen a few, laminate them and attach them together on a ring or put them up on a board for the child to refer to easily when they feel their anger or frustration building. Add and take away cards as different methods are tried over time or as their situation changes and they feel the need for new strategies.

Most of the cards are self-explanatory but some need further explanation. Any blank cards you see are editable. That is, you can click where the words should be and add your own. Then you or your child can draw a related picture.

PLEASE NOTE: these cards are no guarantee for 'fixing' an angry temperament, they are simply tools you can use with your children so they can discover, experiment and practice calming strategies for themselves.

TO SLOW BREATHING

These choices are to encourage slower, calmer breathing. Blowing balloons and bubbles: can be real or imaginary. Blowing softly: as though making a candle flicker but not go out. Stop: current behaviour.

MY FEELINGS

To stop and think about their feelings, to rate them, to look at their own expression, then think about how to calm down.

MY BODY

Squeezing their muscles tight and then relaxing, curling into a ball or finding a quiet place with quiet toys or books.

GROSS MOTOR/BIG MUSCLES

Lots of physical activities are helpful.

COMMUNICATE

Being able to express how they feel is important.

HEAVY WORK (PROPRIOCEPTION)

Surprisingly this can be very helpful for some children.

FINE MOTOR / SMALL MUSCLES

These are great to distract from angry feelings and to focus attention elsewhere.

BE A HELPER

Lots of children love to feel useful and needed.

THE FIVE SENSES

Some children require less stimulation, and some feel better just focusing on 1 sense.

For more information on calming strategies please go to [THIS POST](#), then [THIS POST](#), then [THIS POST](#)!

2ND EDITION CARDS

77 new cards have been added. Instead of mixing them with the originals I have added them as a group after the original pack.



TO SLOW BREATHING

Blow a balloon 5, 23
Blow bubbles 5, 23
Blow softly 5, 23
Breathe 5, 23
Count 5, 23
Drink 6, 24
Hiss like a snake 6, 24
Sing ABC song 6, 24
Stop 6, 24
Wash face 6, 24
Wash hands 6, 24

MY FEELINGS 7, 25

Happy thoughts 7, 25
How do I feel? 7, 25
Journal 7, 25
My face 7, 25
Think 7, 25

MY BODY 8, 26

Be a pretzel 8, 26
Crouch 8, 26
Hide 8, 26
Quiet place 8, 26
Relax 8, 26
Robot / flop 9, 27
Squeeze 9, 27
Weighted blanket 9, 27

GROSS MOTOR / BIG MUSCLES 9, 27

Dance 9, 27
Dress up 9, 27
Exercise 10, 28
Jump 10, 28
Jump rope 10, 28
Jump
(trampoline) 10, 28
Kick 10, 28
Kick a ball 10, 28
Lift 11, 29
Push 11, 29
Roll 11, 29
Run 11, 29
Sit on a ball 11, 29
Spin 11, 29
Stretch 12, 30
Swing 12, 30
Walk 12, 30
Yoga 12, 30
Editable 12, 30

COMMUNICATE 13, 31

Call someone 13, 31
Hug a friend 13, 31
Pray 13, 31
Send a text 13, 31
Write a letter 13, 31

HEAVY WORK 14, 32

Carry 14, 32
Clean 14, 32
Dig 14, 32
Knead dough 14, 32
Mop 14, 32
Scrub 15, 33
Sweep 15, 33
Wear a backpack 15, 33

FINE MOTOR / SMALL MUSCLES 15, 33

Cut 15, 33
Draw 15, 33
Paint 16, 34
Play dough 16, 34
Play with blocks 16, 34
Puppet play 16, 34
Shaving cream 16, 34
Squeeze 16, 34
Stamp 17, 35
Take a photo 17, 35
Toy play 17, 35
Use an iPad 17, 35
Water play 17, 35
Editable 17, 35

BE A HELPER 18, 36

Carry snacks 18, 36
Feed a pet 18, 36
Pass books 18, 36
Pass a message 18, 36

MOUTH 19, 37

Chew candy 19, 37
Chew gum 19, 37
Suck ice 19, 37

NOSE

Aromatherapy 19, 37
Scent 19, 37

EYES 20, 38

Happy photo 20, 38
Read a book 20, 38

EARS 20, 38

Bells 20, 38
Listen to a shell 20, 38
Listen to music 21, 39
Noise-cancelling
headphones 21, 39
Play a drum 21, 39
Rainstick 21, 39
Sing / hum 21, 39

SKIN 21, 39

Brush hair/skin 22, 40
Feel a breeze 22, 40
Fidget 22, 40
Hug a bear 22, 40
Pat a pet 22, 40
Textures 22, 40

2ND EDITION: ADDITIONAL STRATEGY CARDS

TO SLOW BREATHING

Sing a song 42, 55

MY FEELINGS 7, 25

Cry 41, 54

Laugh 41, 54

Say, 'I'm angry' 41, 54

COMMUNICATE 13, 31

Chat with a friend 41, 54

Chat via walkie talkie
41, 54

Skype someone 41, 54

MY BODY

Go outside 42, 55

Strap into seatbelt 42, 55

Take a bath 42, 55

Take a shower 42, 55

Walk away 42, 55

HEAVY WORK 14, 32

Rake leaves 43, 56

Shovel snow 43, 56

Tug on a rope 43, 56

Vacuum 43, 56

GROSS MOTOR /

BIG MUSCLES 9, 27

Ballet 45, 58

Basketball 45, 58

Bounce 45, 58

Bowling 45, 58

Exercise video 45, 58

Hide and seek 45, 58

Hula hoop 46, 59

Karate 46, 59

Mini golf 46, 59

Punch a pillow 44, 57

Rap 46, 59

Ride a bike 46, 59

Ride a tricycle 46, 59

Scooter 47, 60

Skateboard 47, 60

Soccer 47, 60

Throw a ball 47, 60

Throw a beanbag 47, 60

Tug on a rope 47, 60

Twister 48, 61

Wheelbarrow 48, 61

FINE MOTOR /

SMALL MUSCLES 15, 33

Board game 48, 61

Build a tower 48, 61

Chalk 48, 61

Design something 48, 61

Dominoes 49, 62

Experiment 49, 62

Four in a row 49, 62

Ice cakes 49, 62

Knit 49, 62

Legos 49, 62

Make a video 50, 63

Make a necklace 50, 63

Make cookies 50, 63

Measure objects 50, 63

Origami 50, 63

Play an instrument 50, 63

Play cards 51, 64

Play with magnets 51, 64

Pottery 51, 64

Scan codes 51, 64

Sewing 51, 64

SMART Board 51, 64

SMART table 52, 65

Tic tac toe 52, 65

Use a computer 52, 65

Wear a disguise 52, 65

Weigh objects 52, 65

Wood work 52, 65

BE A HELPER 18, 36

Dust 43, 56

Make your bed 43, 56

Take out trash 43, 56

Walk the dog 44, 57

Wash the car 44, 57

Wash the dog 44, 57

Water plants 44, 57

Wipe the table 44, 57

MOUTH 19, 37

Do a taste test 53, 66

NOSE

Do a smell test 53, 66

EYES 20, 38

Close eyes and ears
53, 66

EARS 20, 38

Listen to iPod 53, 66

What sounds can you
hear? 53, 66

SKIN 21, 39

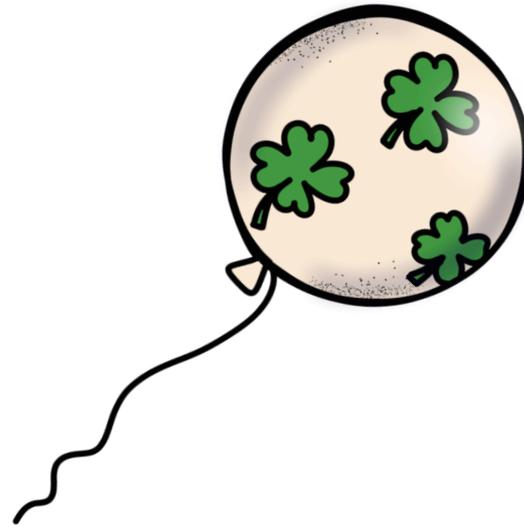
Take a bath 42, 55

Take a shower 42, 55

My Calming Strategy Cards



Liz's Early Learning Spot



blow a balloon



blow bubbles



blow softly



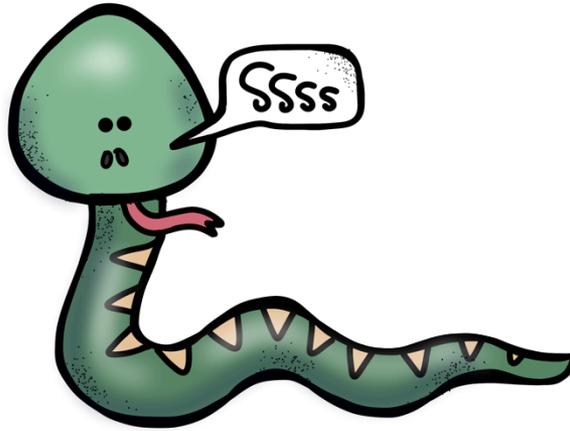
breathe



count



drink



hiss like a snake



sing ABC song



stop



wash face



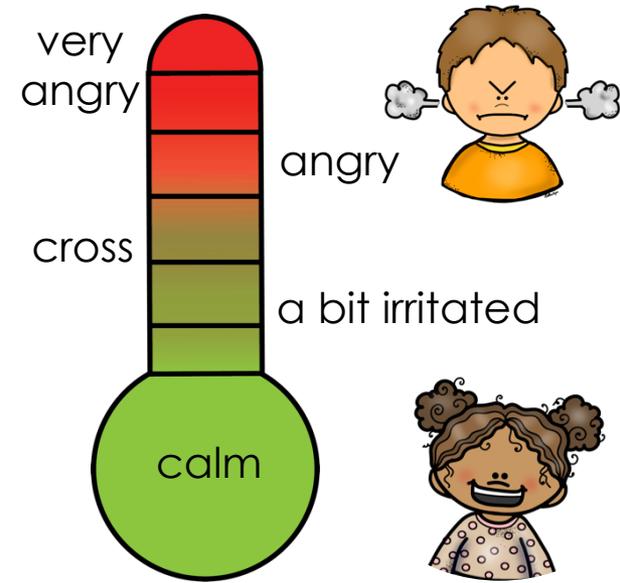
wash hands



my feelings



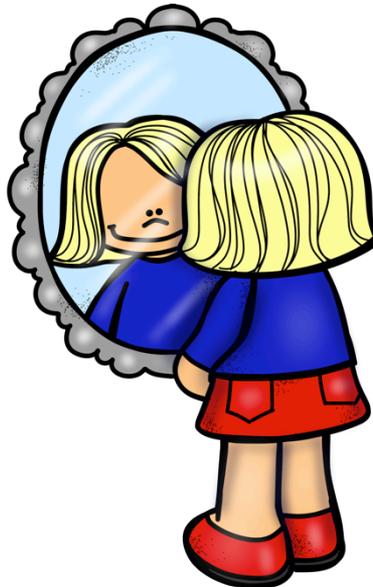
happy thoughts



How do I feel?



journal



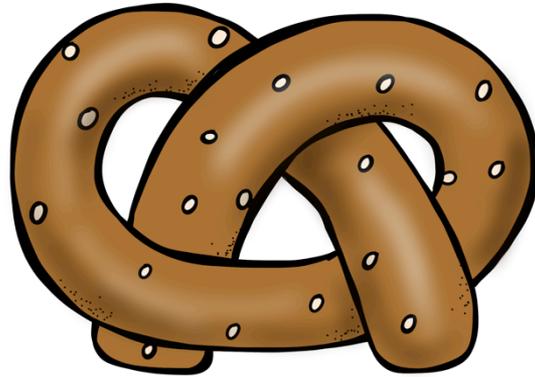
my face



think



my body



be a pretzel



crouch



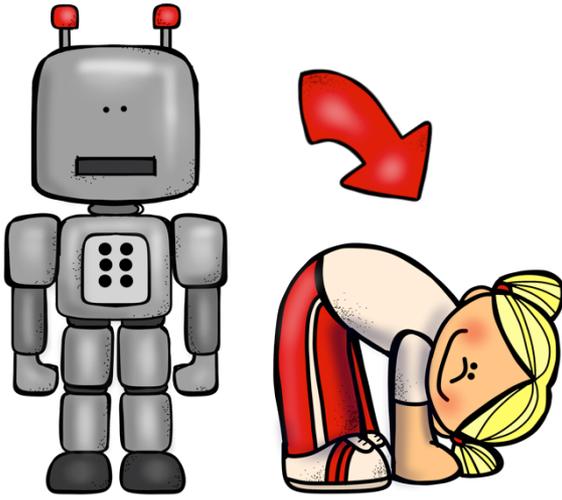
hide



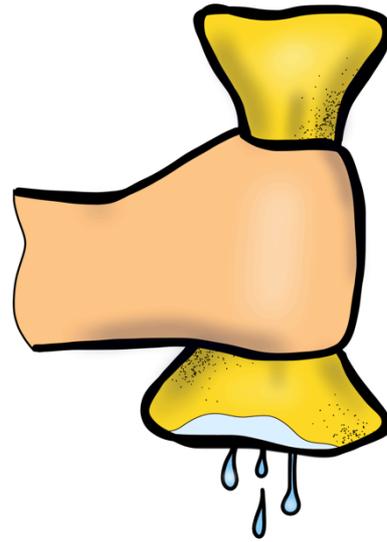
quiet place



relax



robot/flop



squeeze



weighted blanket



big muscles



dance



dress up



exercise



jump



jump rope



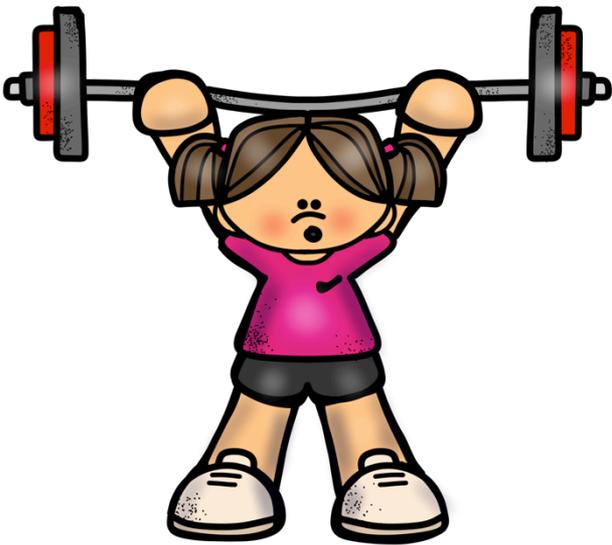
jump



kick



kick a ball



lift



push



roll



run



sit on a ball



spin



stretch



swing



walk



yoga



communicate



call someone



hug a friend



pray



send a text



write a letter



heavy work



carry



clean



dig



knead dough



mop



scrub



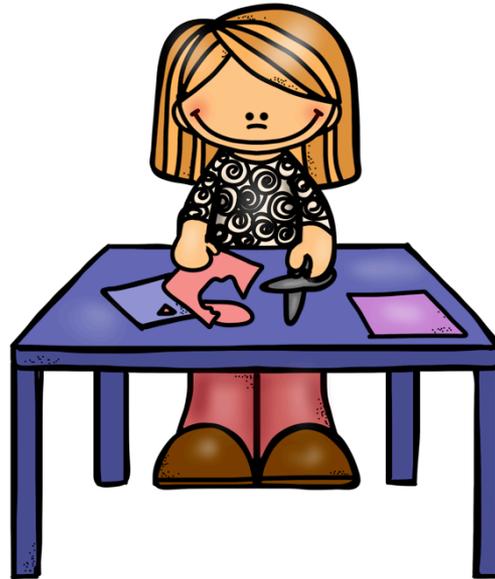
sweep



wear a backpack



small muscles



cut



draw



paint



play dough



play with blocks



puppet play



shaving cream



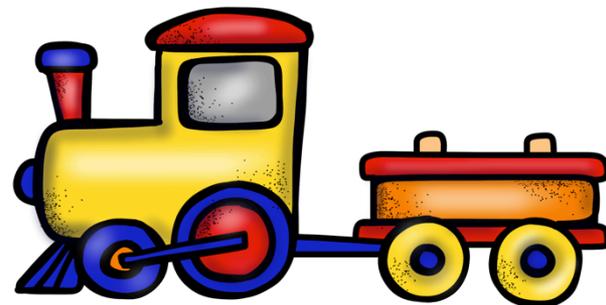
squeeze



stamp



take a photo



toy play



use an iPad



water play



be a helper



carry snacks



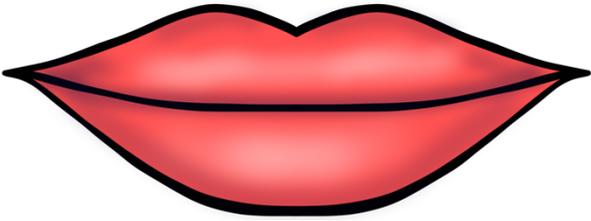
feed a pet



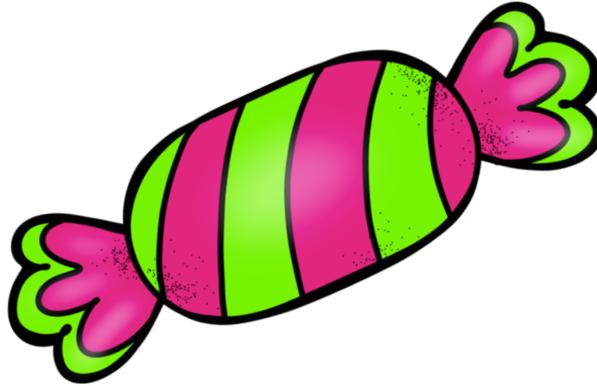
pass books



pass a message



mouth



chew candy



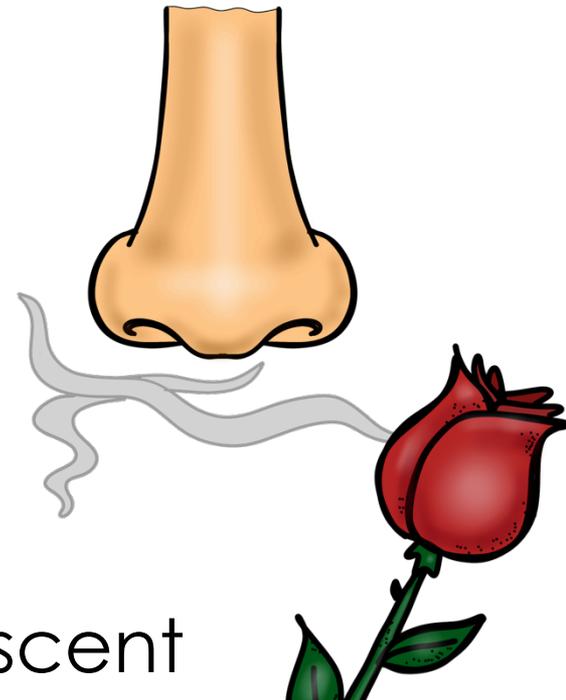
chew gum



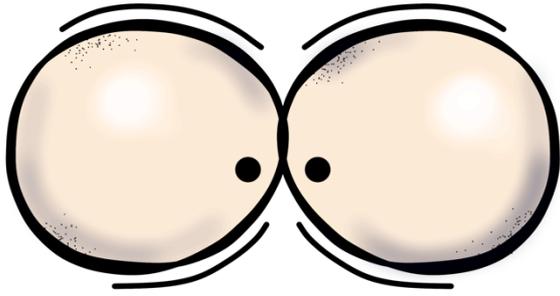
suck ice



aromatherapy



scent



eyes



happy photo



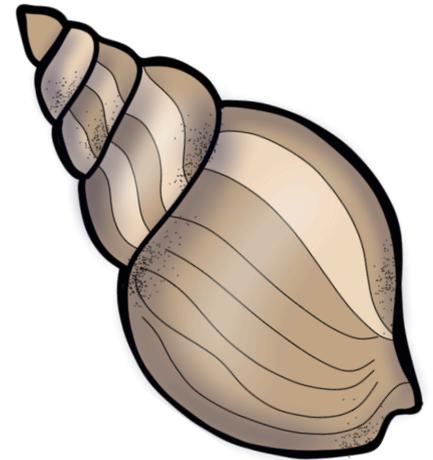
read a book



ears



bells



listen to a shell



listen to music



noise-cancelling
headphones



play a drum



rainstick



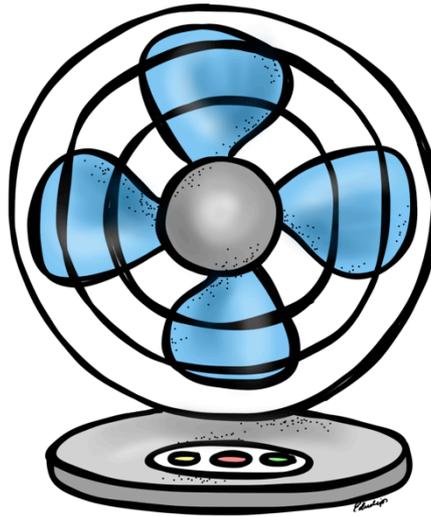
sing / hum



skin



brush hair/skin



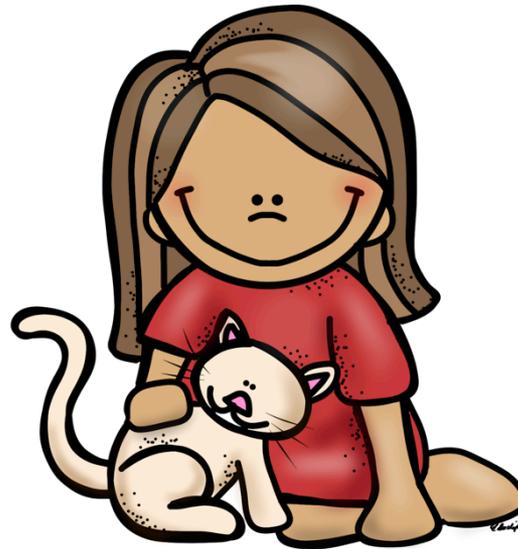
feel a breeze



fidget



hug a bear

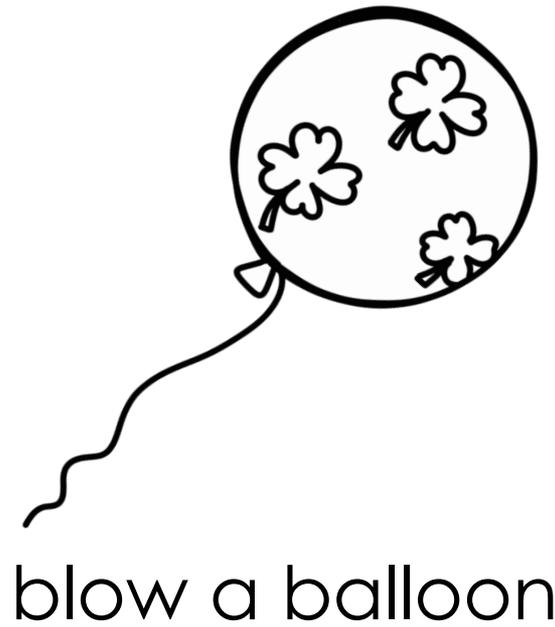
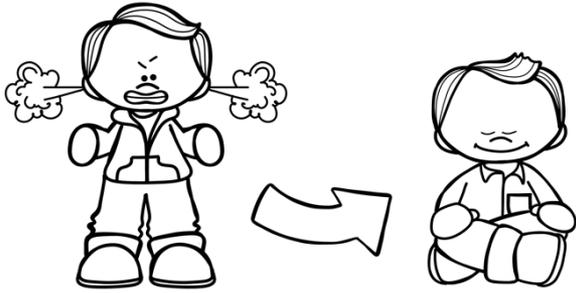


pat a pet



textures

My Calming Strategy Cards



blow a balloon



blow bubbles



blow softly



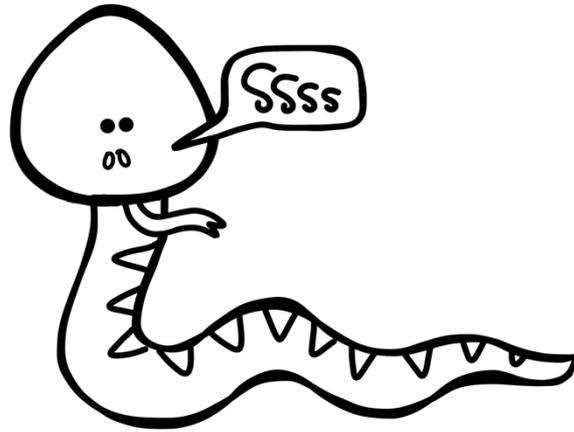
breathe



count



drink



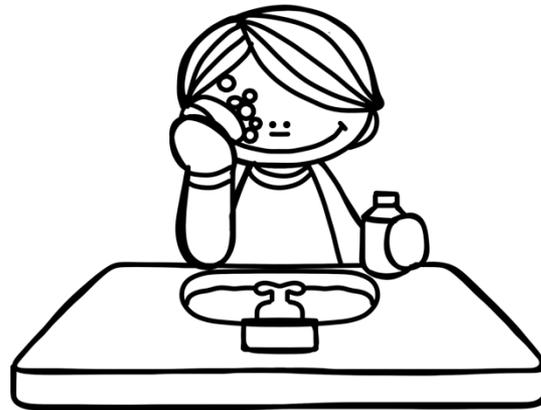
hiss like a snake



sing ABC song



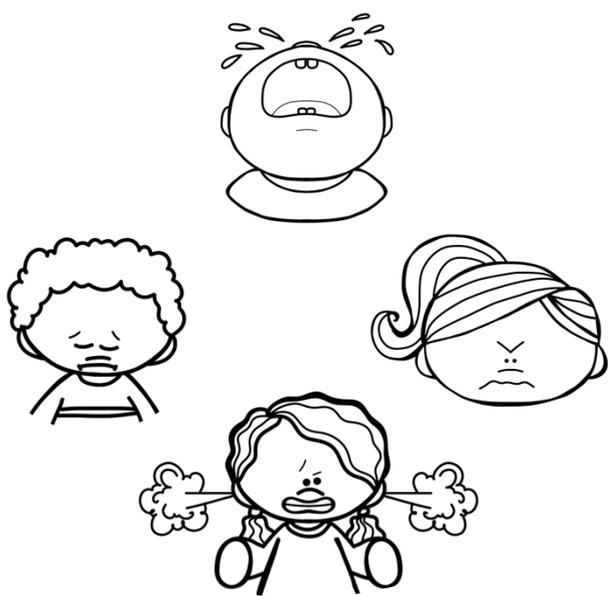
stop



wash face



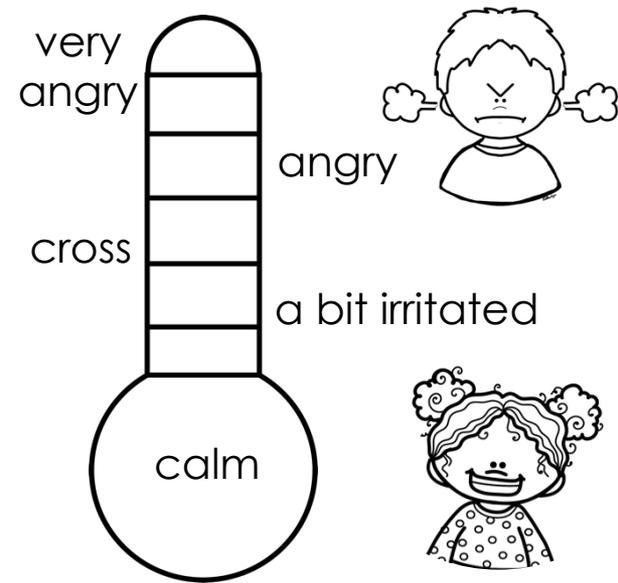
wash hands



my feelings



happy thoughts



How do I feel?



journal



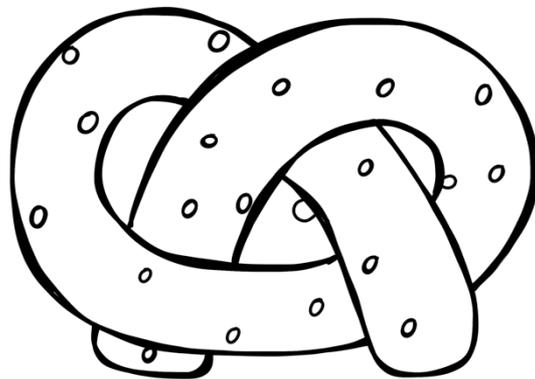
my face



think



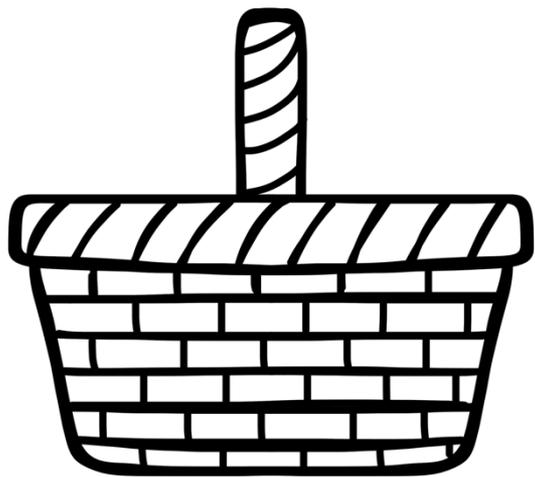
my body



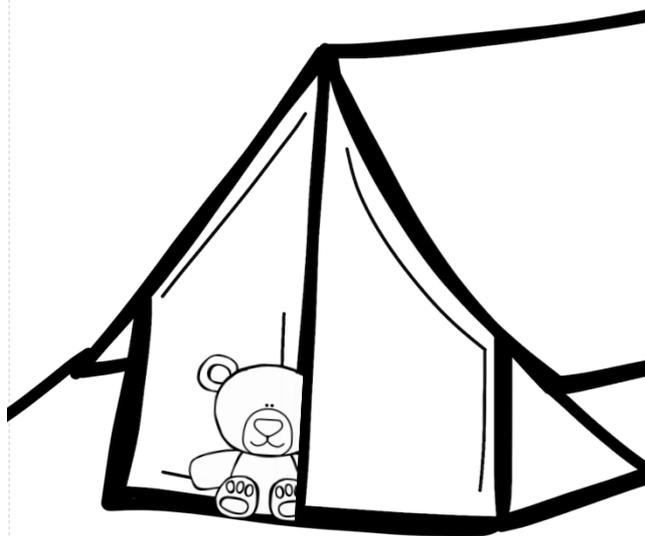
be a pretzel



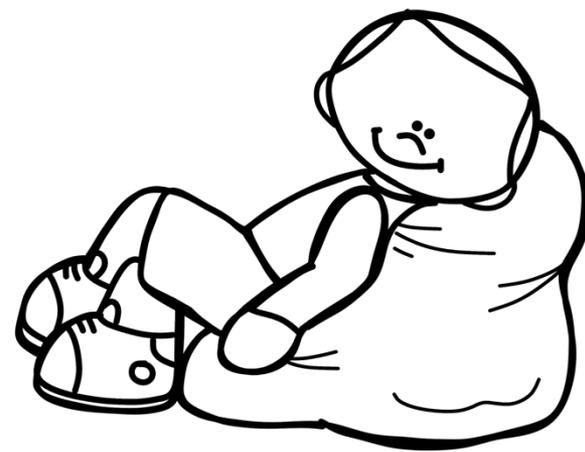
crouch



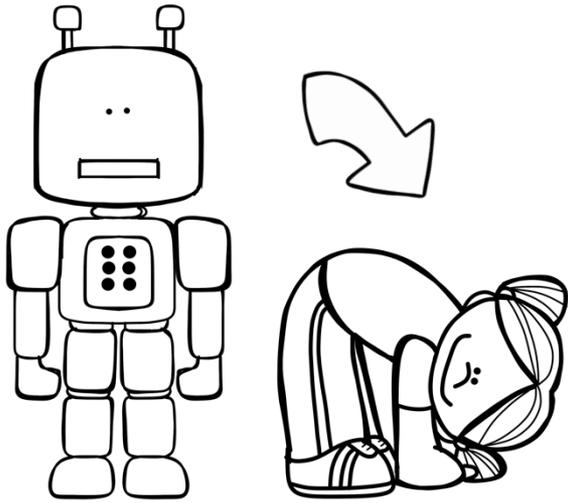
hide



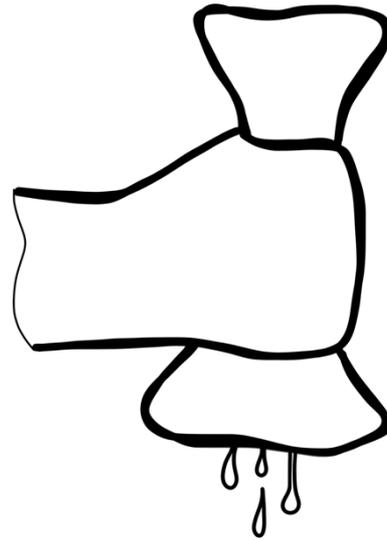
quiet place



relax



robot/flop



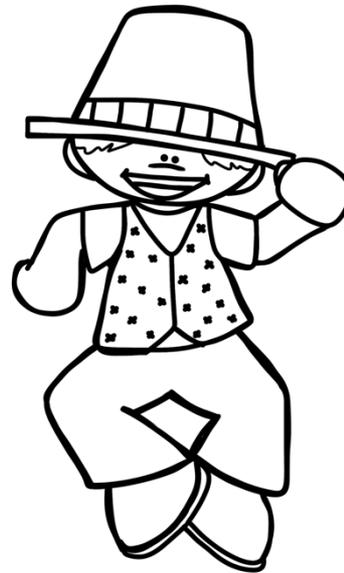
squeeze



weighted blanket



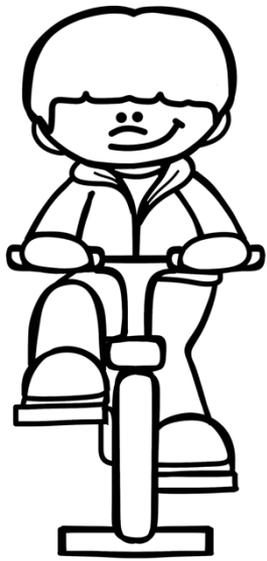
big muscles



dance



dress up



exercise



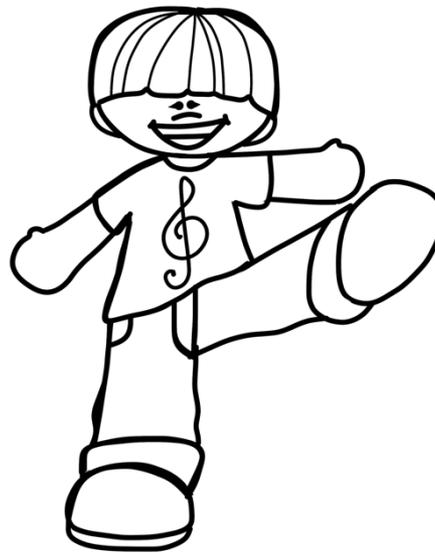
jump



jump rope



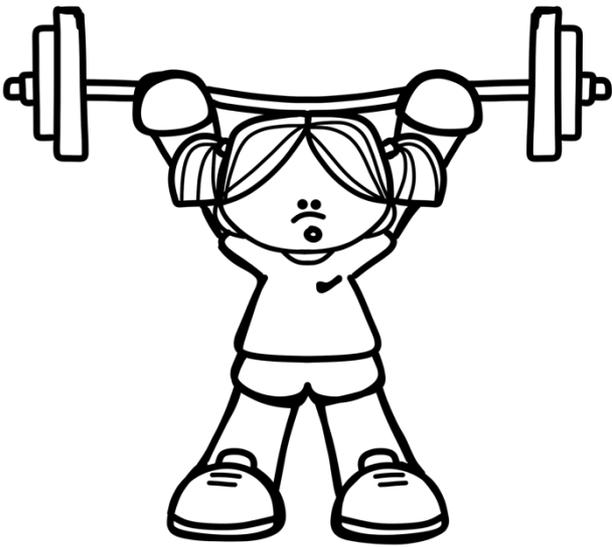
jump



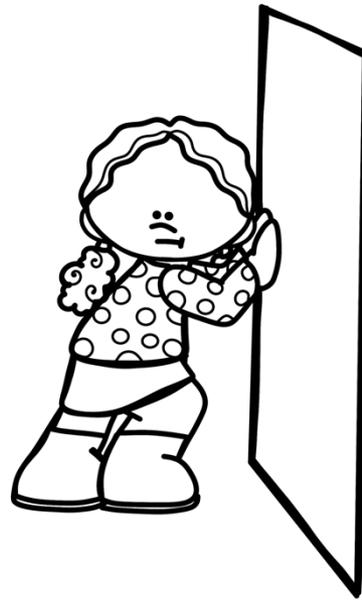
kick



kick a ball



lift



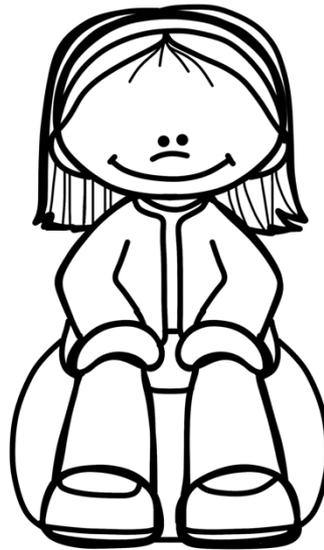
push



roll



run



sit on a ball



spin



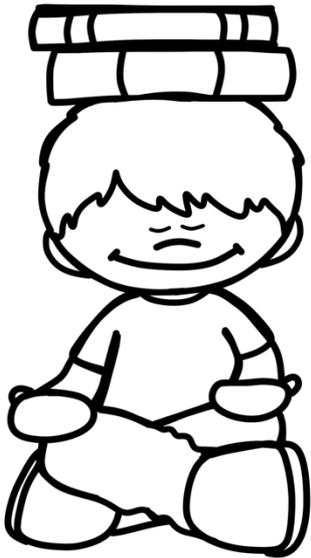
stretch



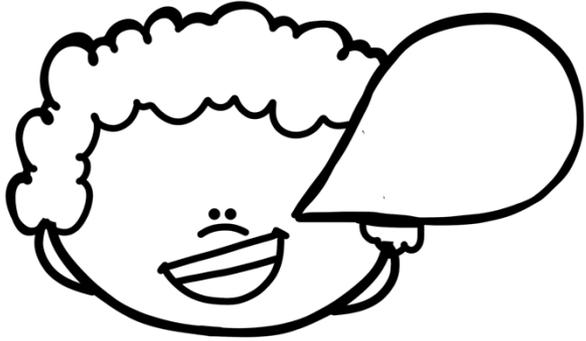
swing



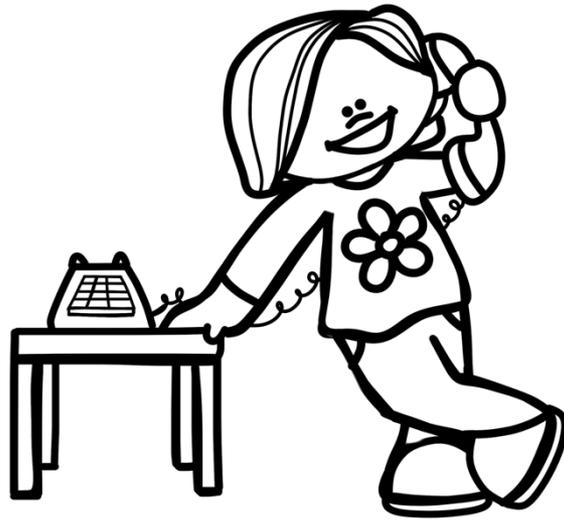
walk



yoga



communicate



call someone



hug a friend



pray



send a text



write a letter



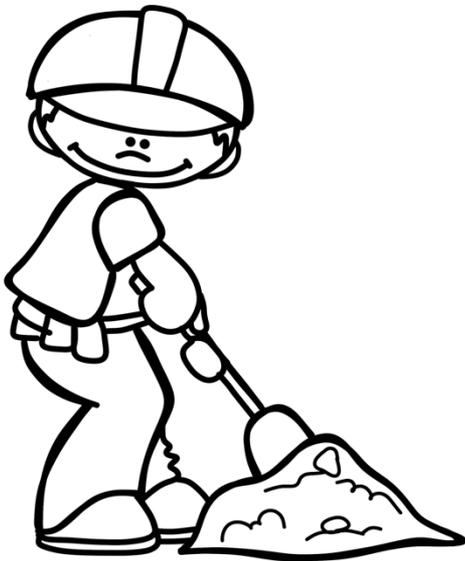
heavy work



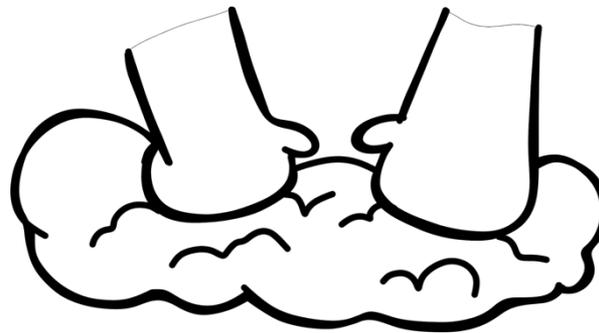
carry



clean



dig



knead dough



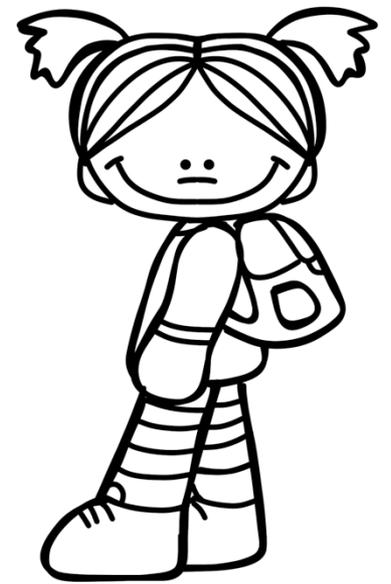
mop



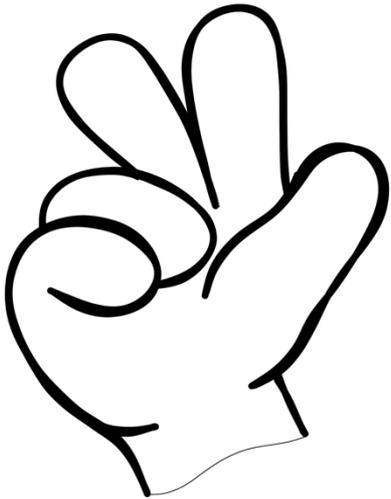
scrub



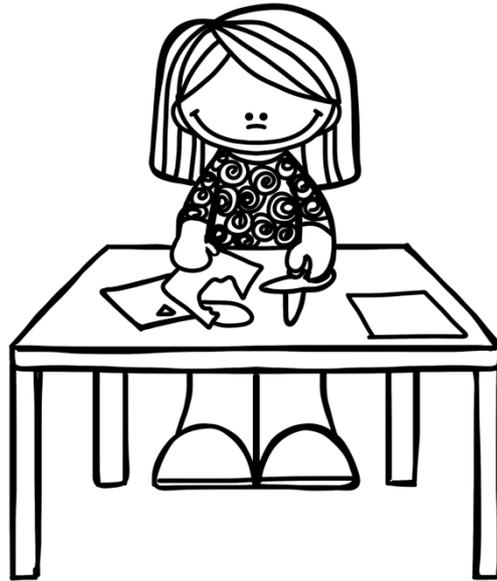
sweep



wear a backpack



small muscles



cut



draw



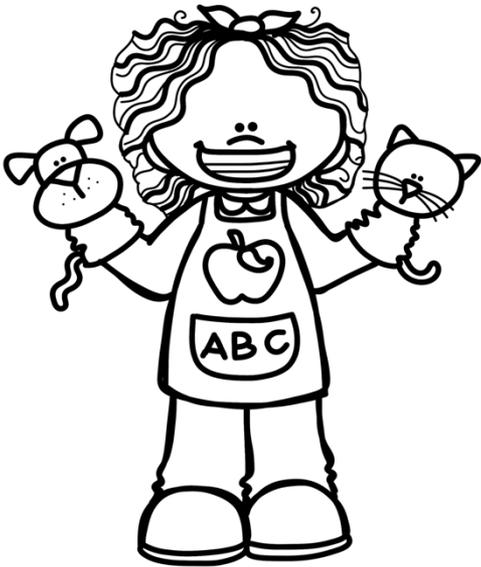
paint



play dough



play with blocks



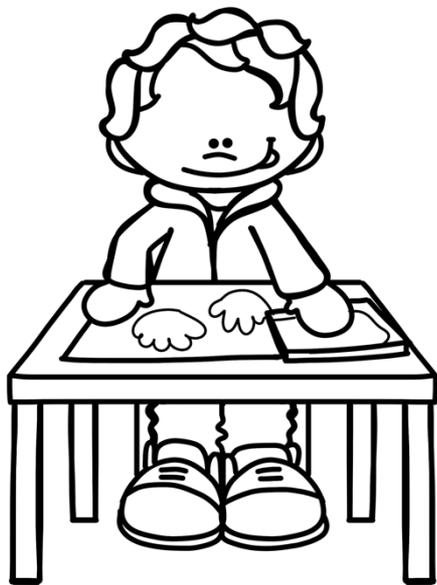
puppet play



shaving cream



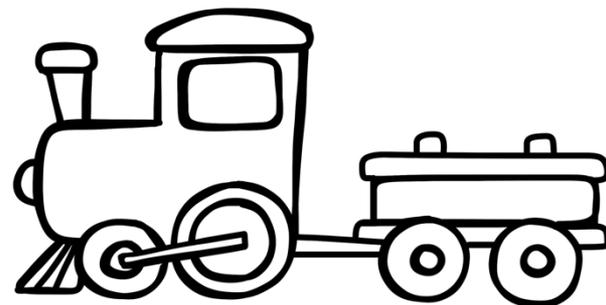
squeeze



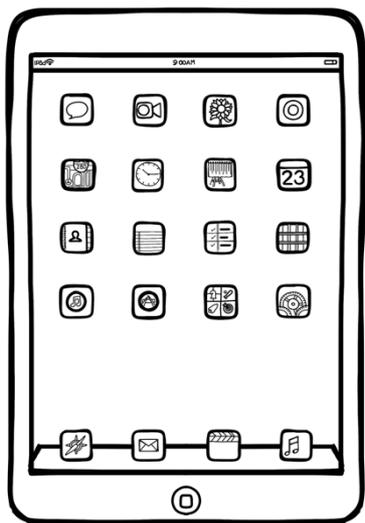
stamp



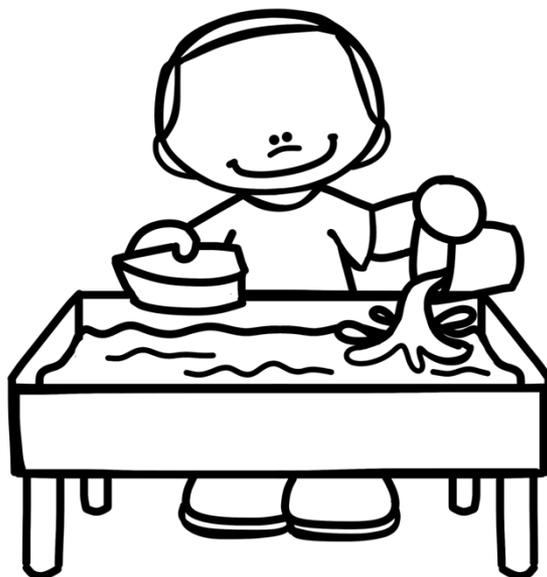
take a photo



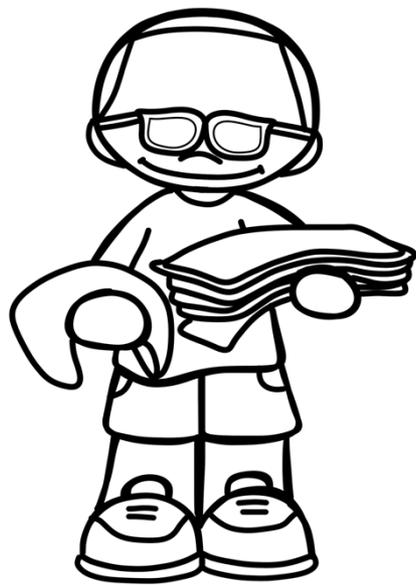
toy play



use an iPad



water play



be a helper



carry snacks



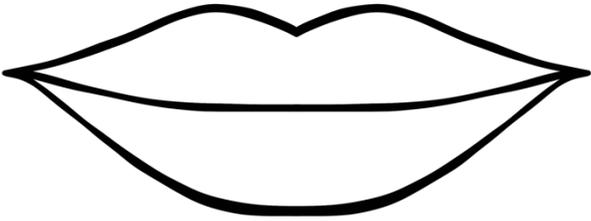
feed a pet



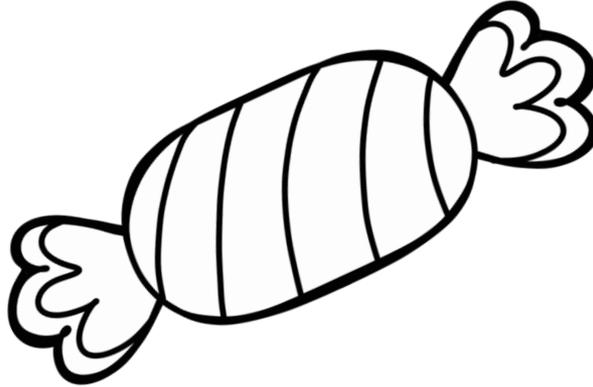
pass books



pass a message



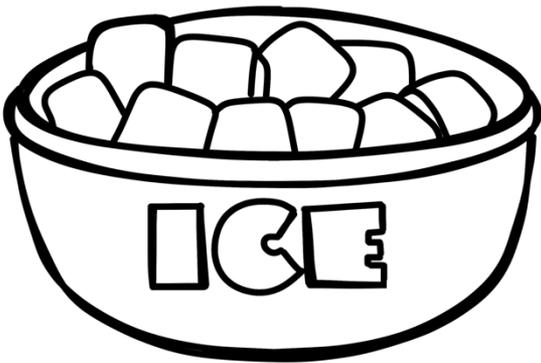
mouth



chew candy



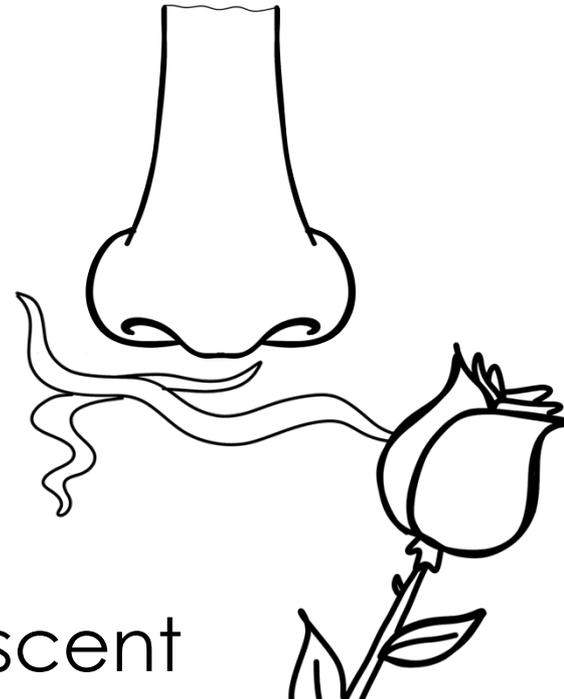
chew gum



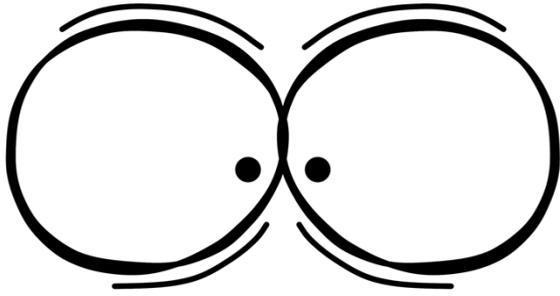
suck ice



aromatherapy



scent



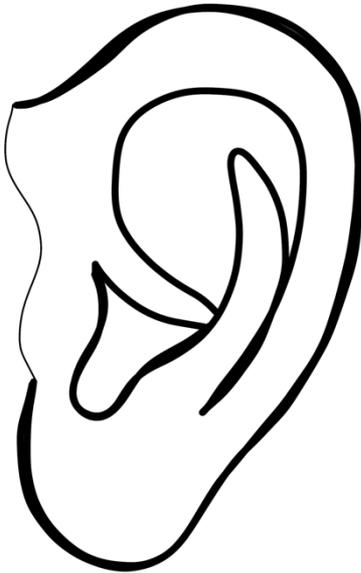
eyes



happy photo



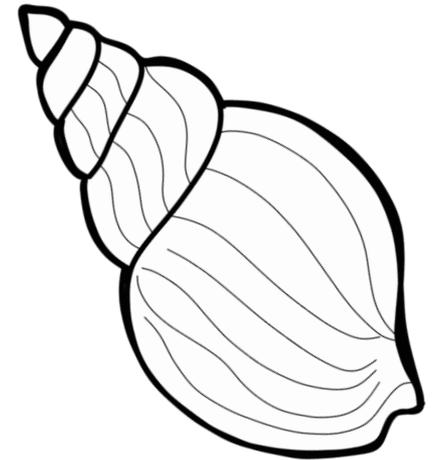
read a book



ears



bells



listen to a shell



listen to music



noise-cancelling
headphones



play a drum



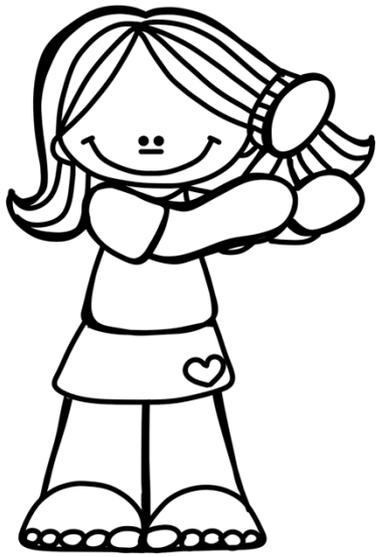
rainstick



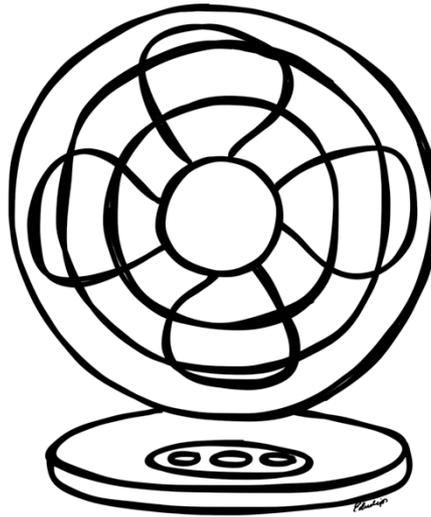
sing / hum



skin



brush hair/skin



feel a breeze



fidget



hug a bear



pat a pet



textures



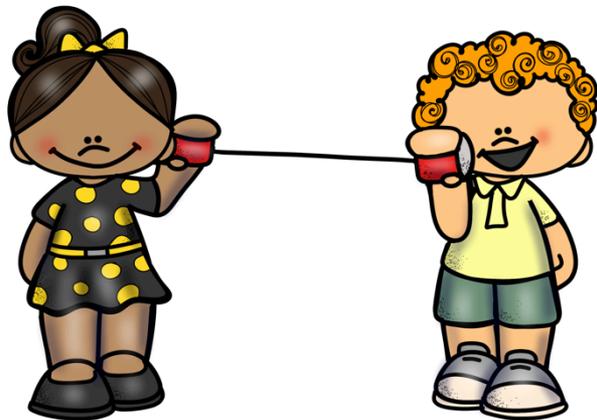
cry



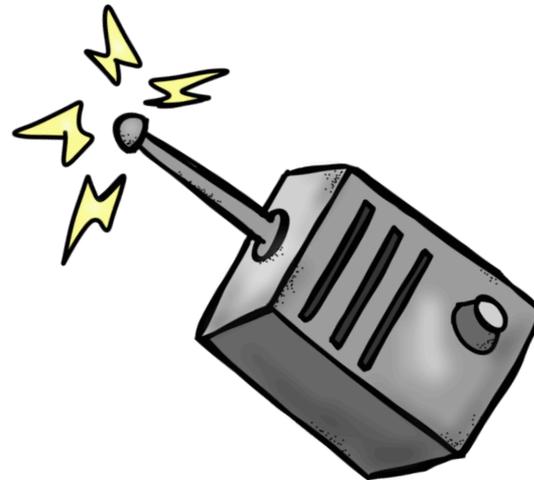
laugh



say, 'I'm angry'



chat with a friend



chat using a walkie talkie



Skype someone



go outside



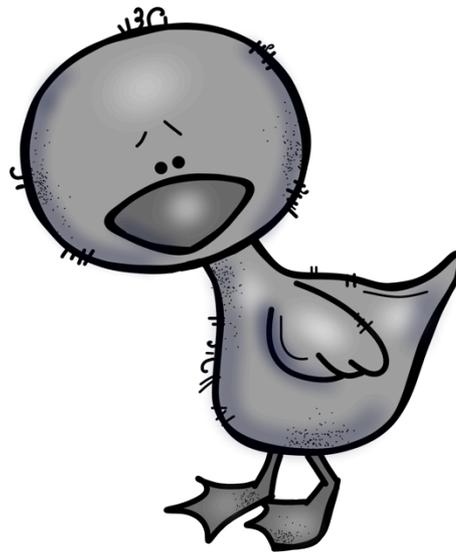
strap into seatbelts



take a bath



take a shower



walk away



sing a song



rake leaves



shovel snow



vacuum



dust



make your bed



take out trash



walk the dog



wash the car



wash the dog



water plants



wipe the table



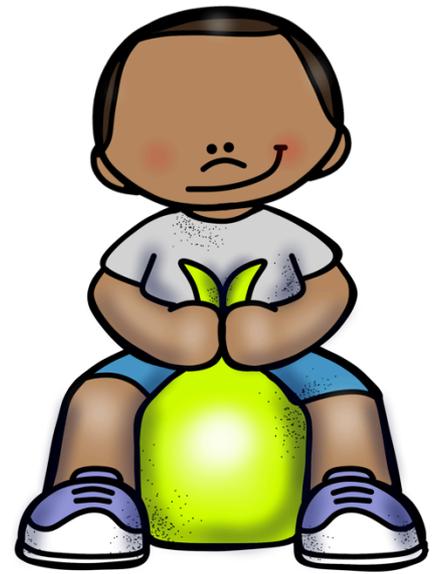
punch a pillow



ballet



basketball



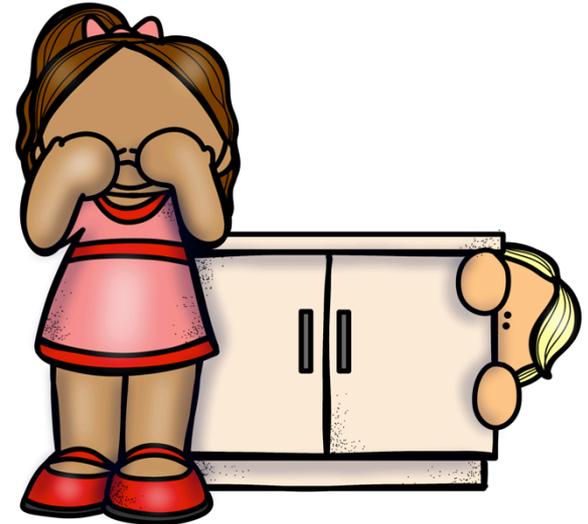
bounce



bowling



exercise video



hide and seek



hula hoop



karate



mini
golf



rap



ride a bike



ride a tricycle



scooter



skateboard



soccer



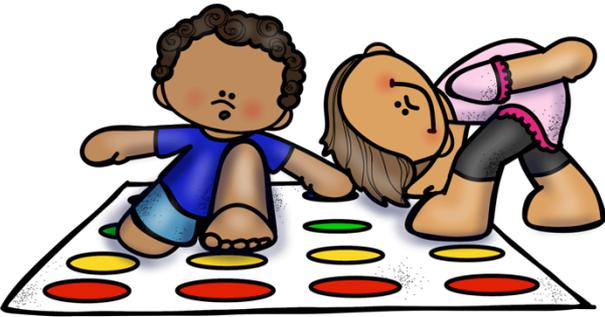
throw a ball



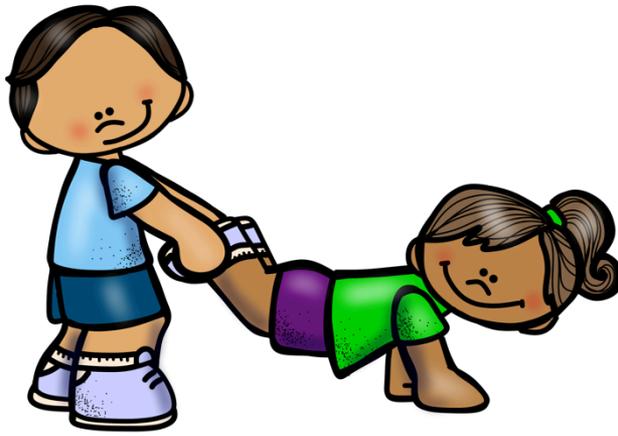
throw a beanbag



tug on a rope



twister



wheelbarrow



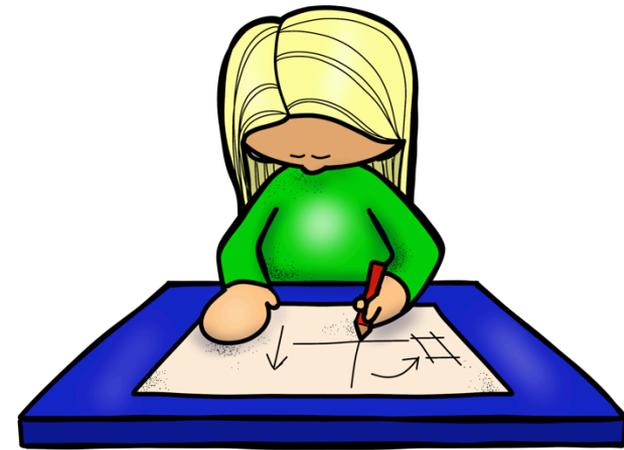
board game



build a tower



chalk



design something



dominoes



experiment



four in a row



ice cakes



knit



legos



make a video



make a necklace



make cookies



measure objects



origami



play an instrument



play cards



play with magnets



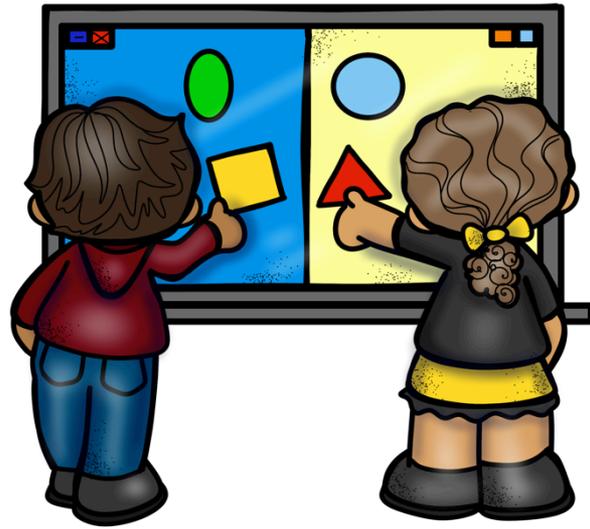
pottery



scan codes



sewing



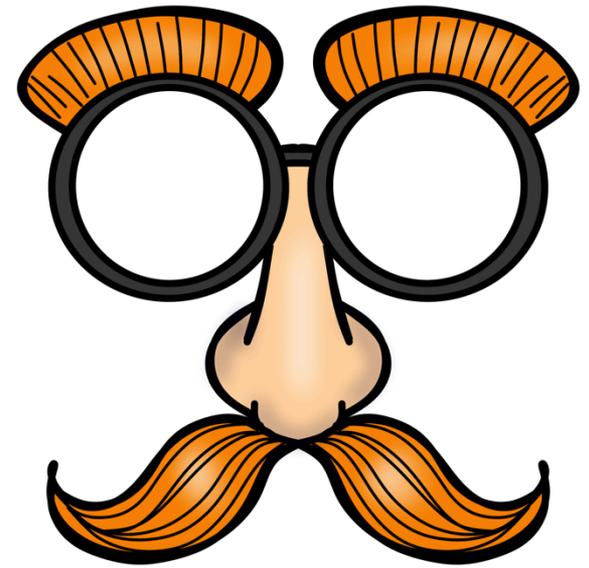
SMART board



SMART table



tic tac toe



wear a disguise



weigh objects



wood work



use a computer



do a taste test



do a smell test



close eyes
and ears



listen to iPod



What sounds
can you hear?



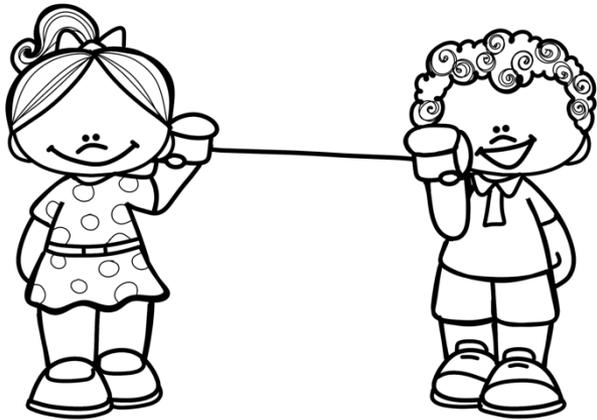
cry



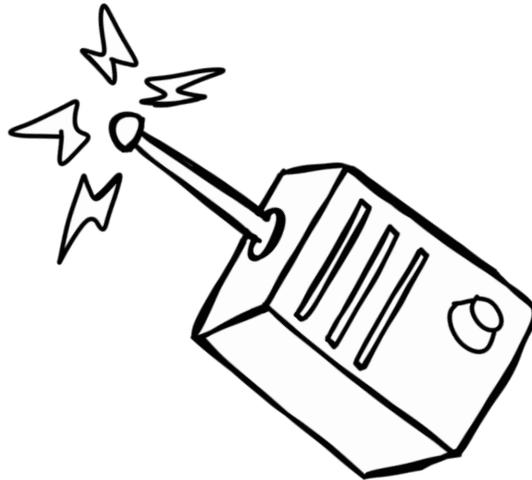
laugh



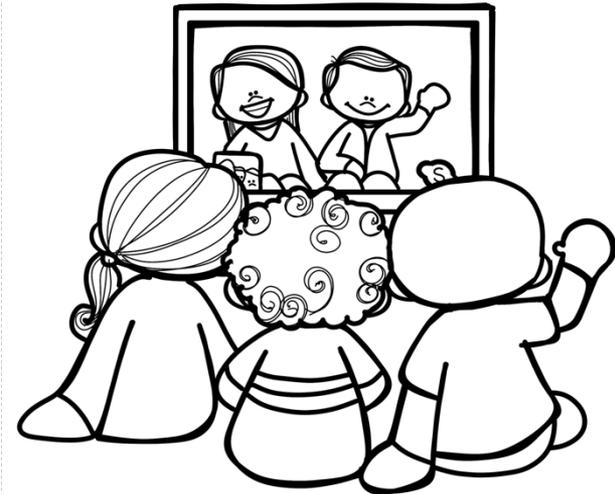
say, 'I'm angry'



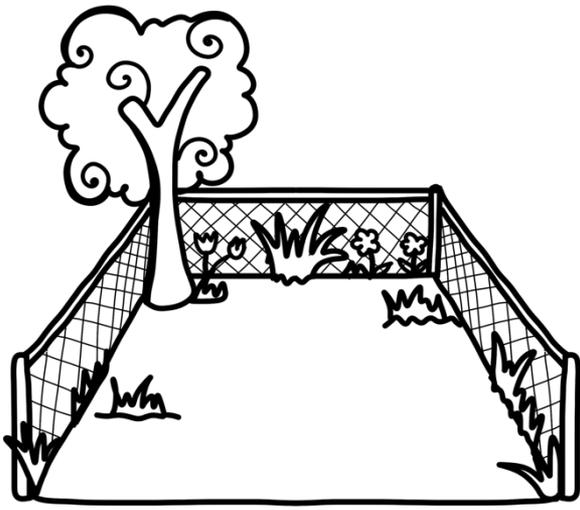
chat with a friend



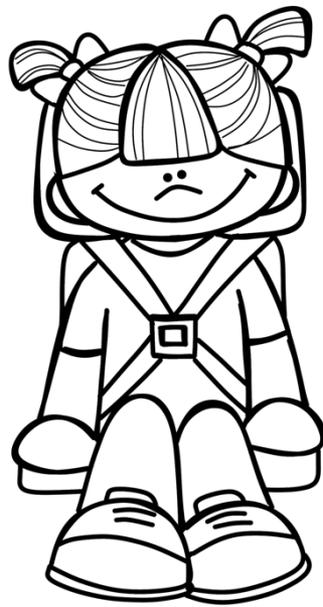
chat using a
walkie talkie



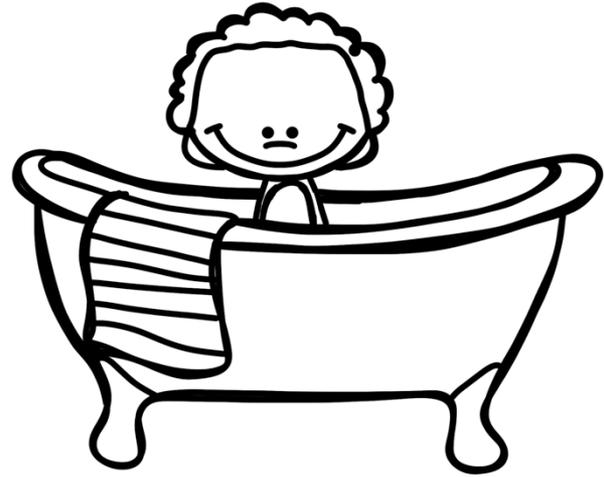
Skype someone



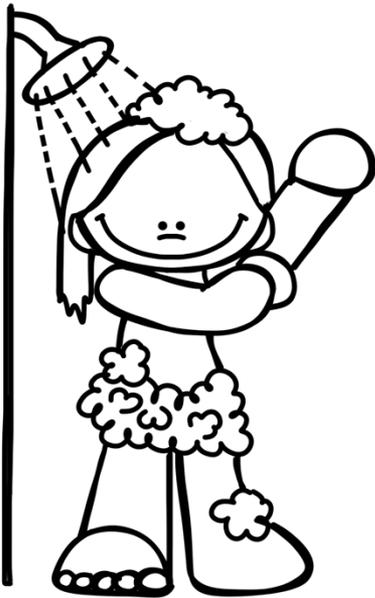
go outside



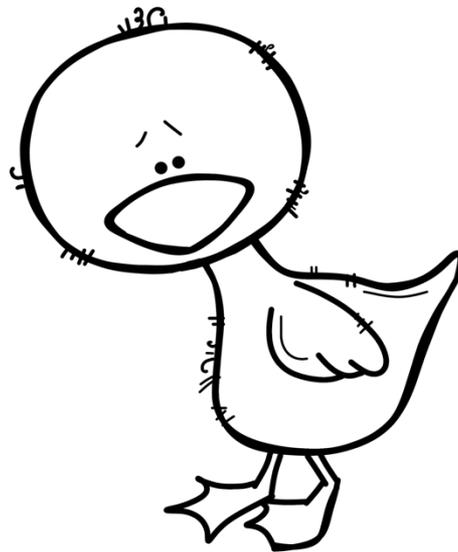
strap into seatbelts



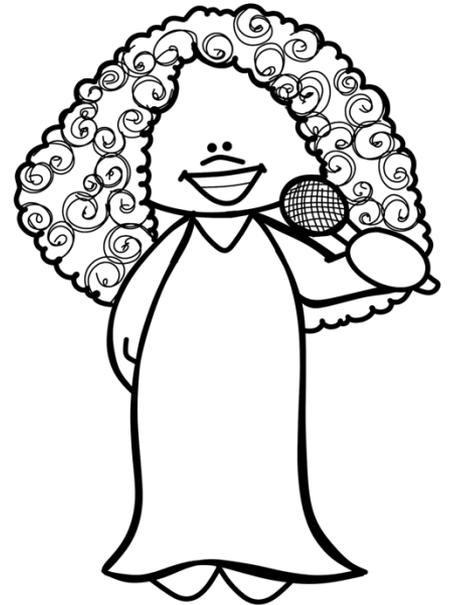
take a bath



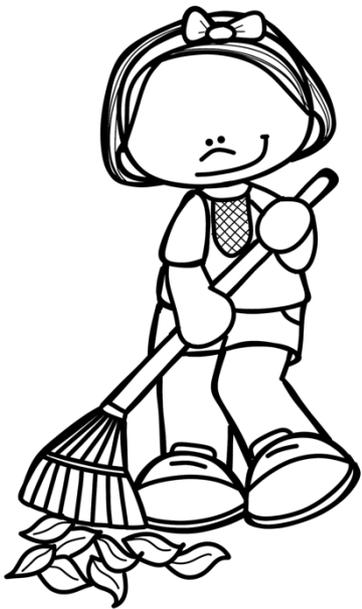
take a shower



walk away



sing a song



rake leaves



shovel snow



vacuum



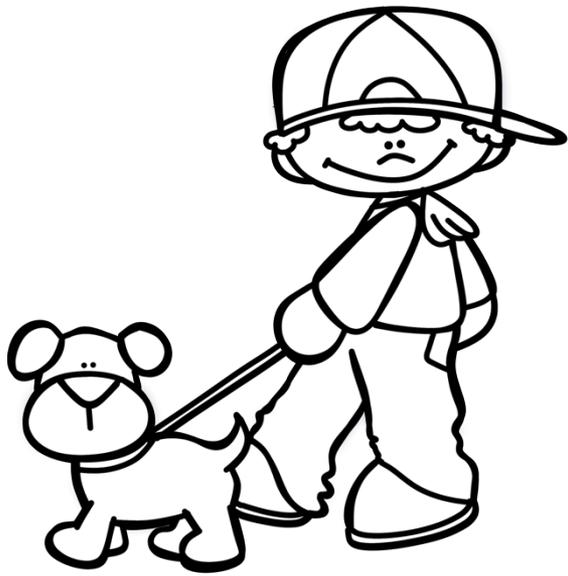
dust



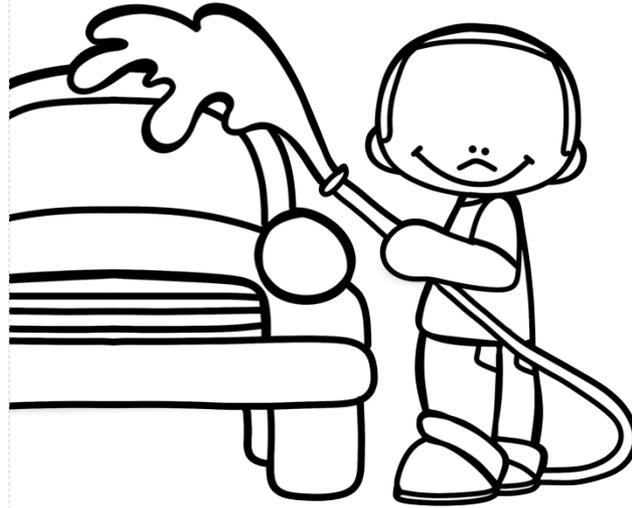
make your bed



take out trash



walk the dog



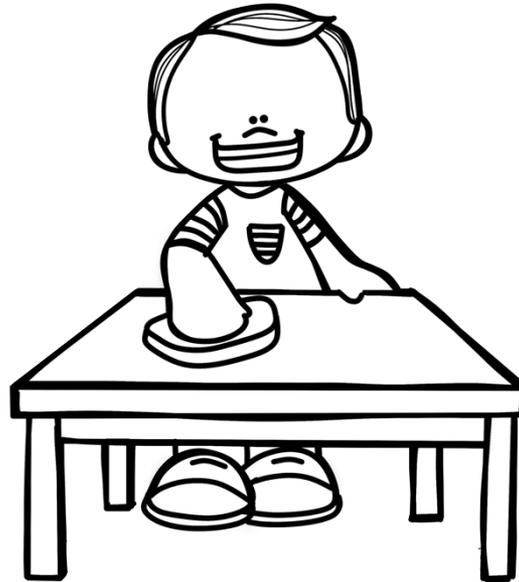
wash the car



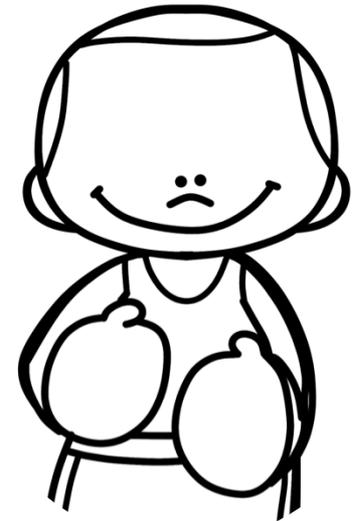
wash the dog



water plants



wipe the table



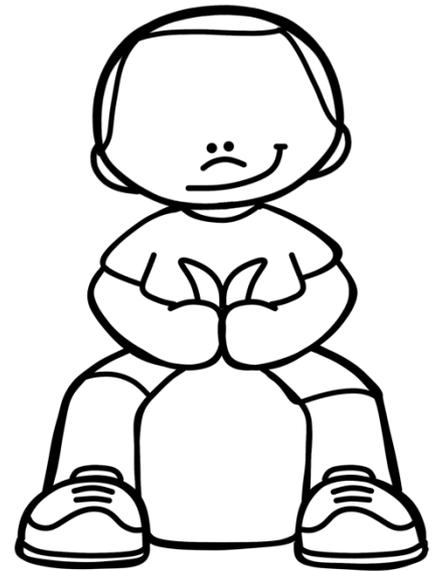
punch a pillow



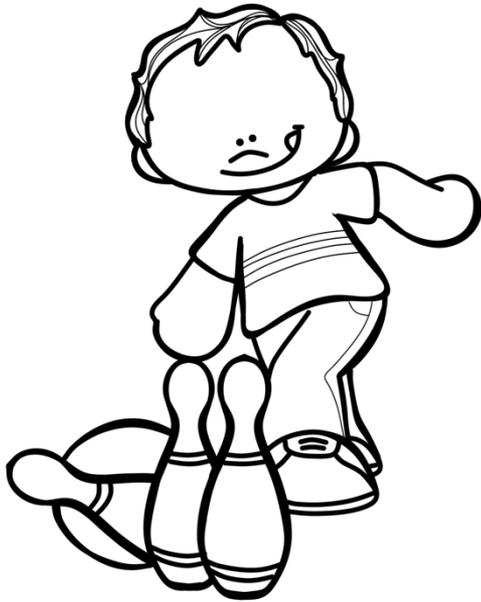
ballet



basketball



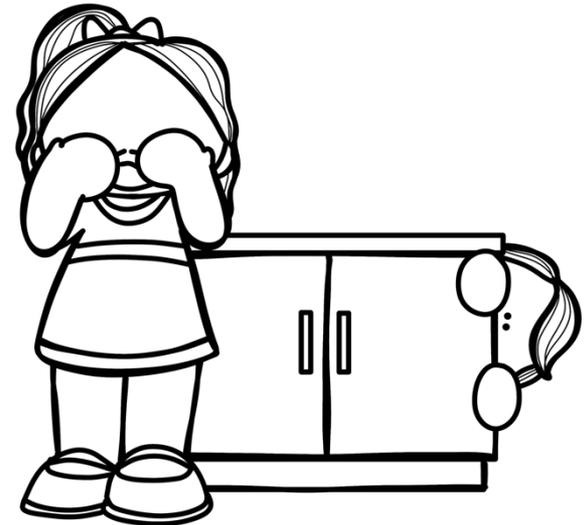
bounce



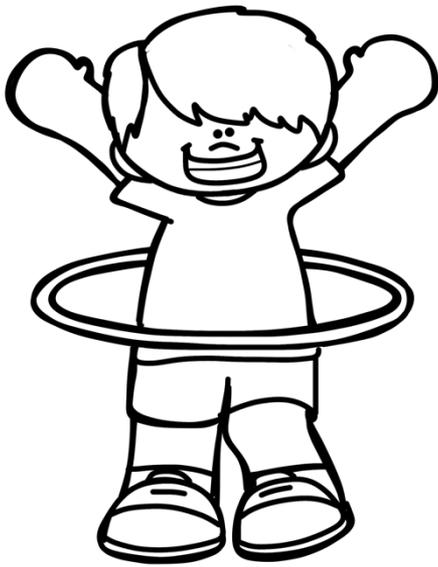
bowling



exercise video



hide and seek



hula hoop



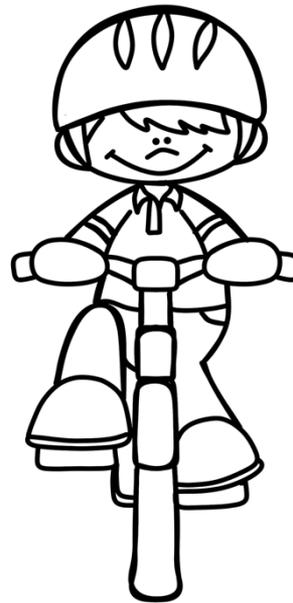
karate



mini
golf



rap



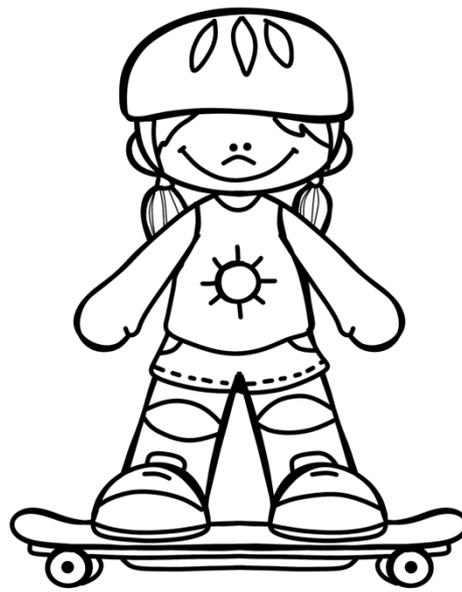
ride a bike



ride a tricycle



scooter



skateboard



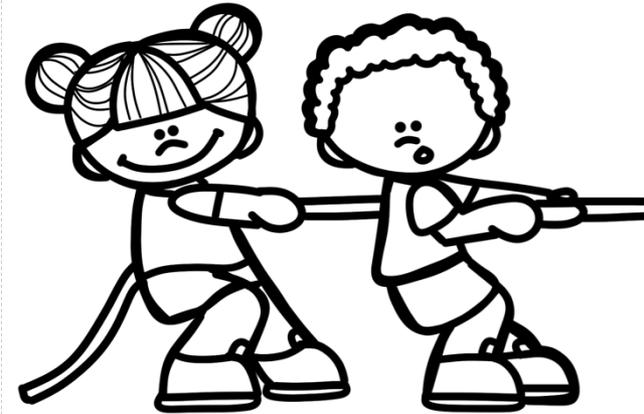
soccer



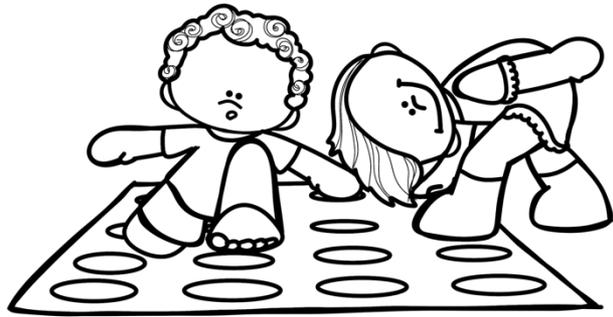
throw a ball



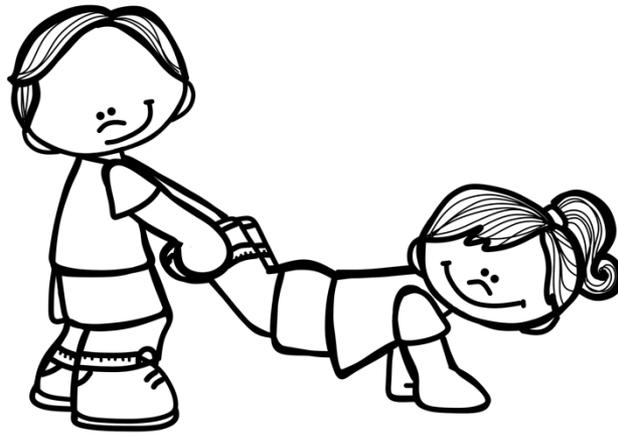
throw a beanbag



tug on a rope



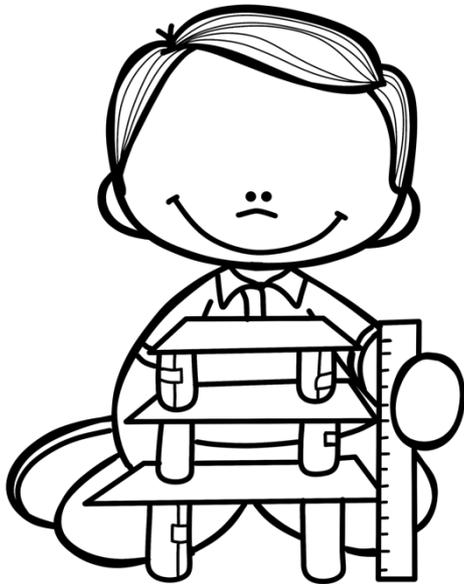
twister



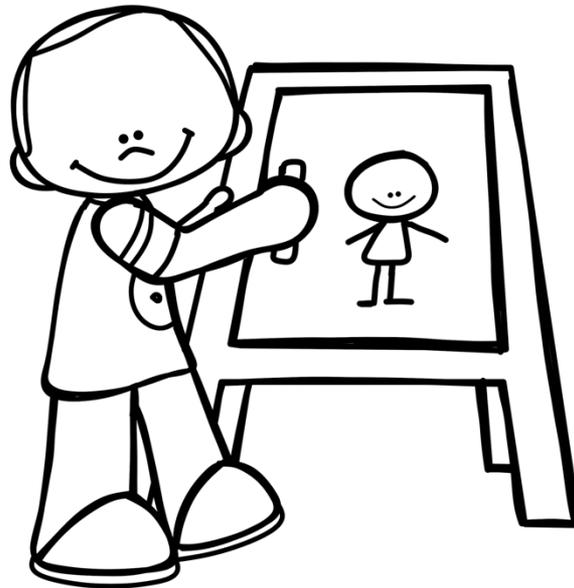
wheelbarrow



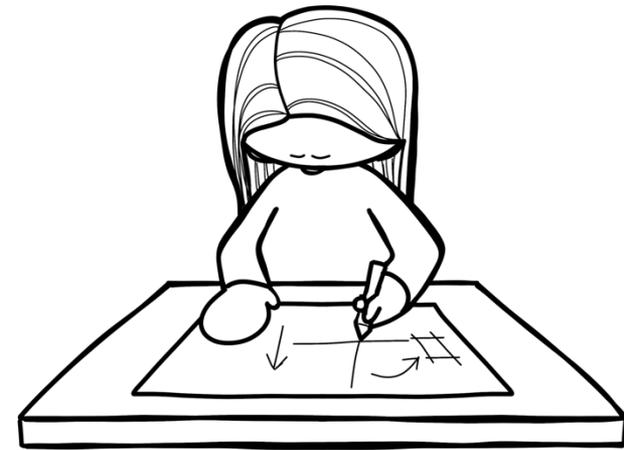
board game



build a tower



chalk



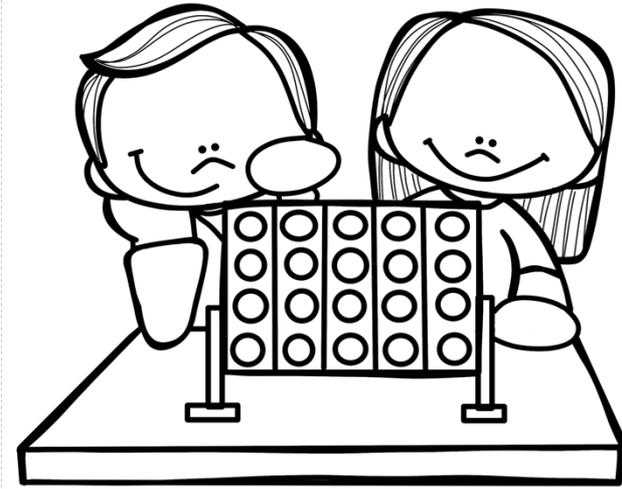
design something



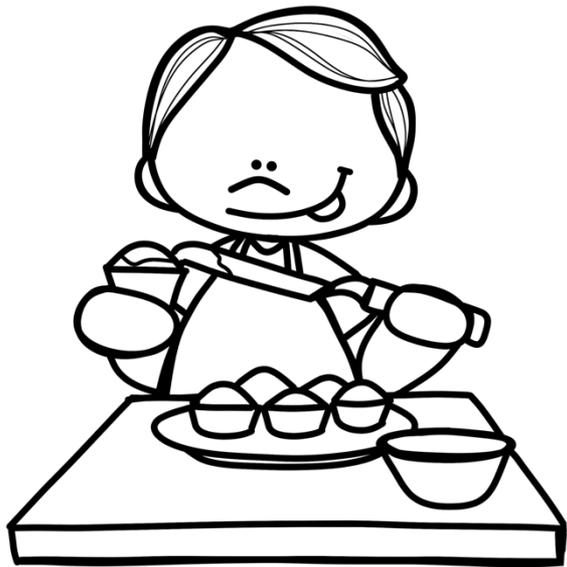
dominoes



experiment



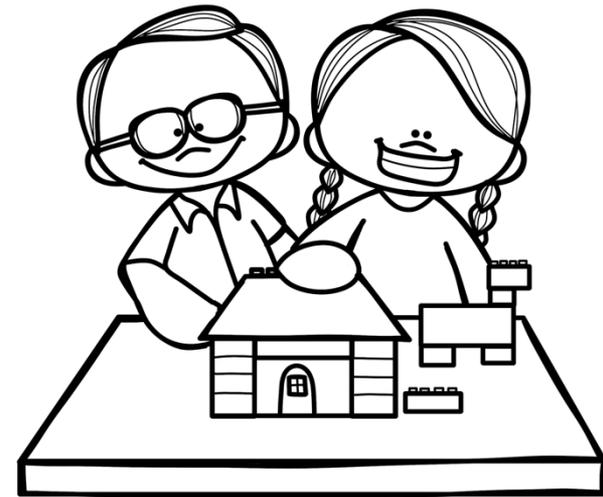
four in a row



ice cakes



knit



legos



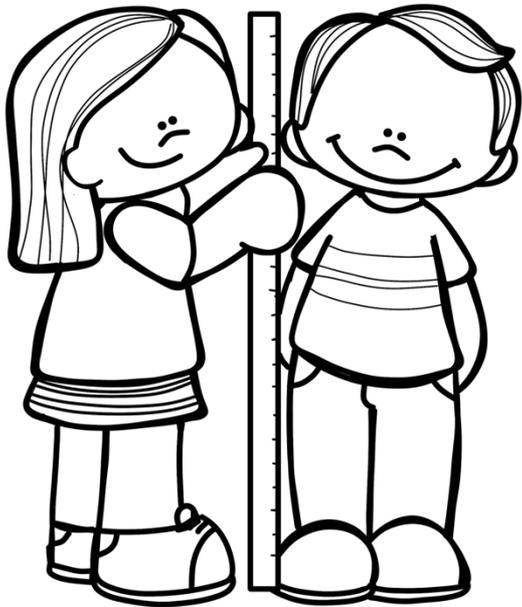
make a video



make a necklace



make cookies



measure objects



origami



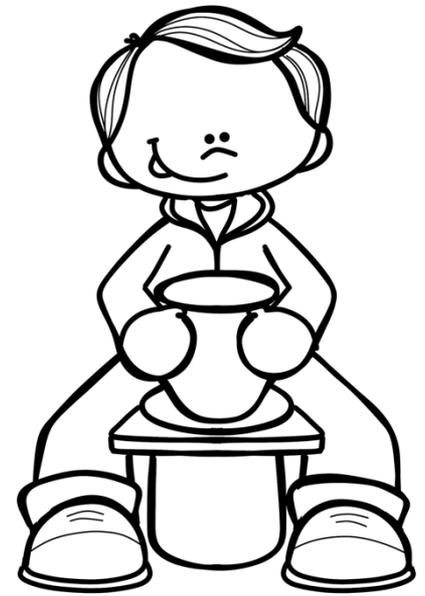
play an instrument



play cards



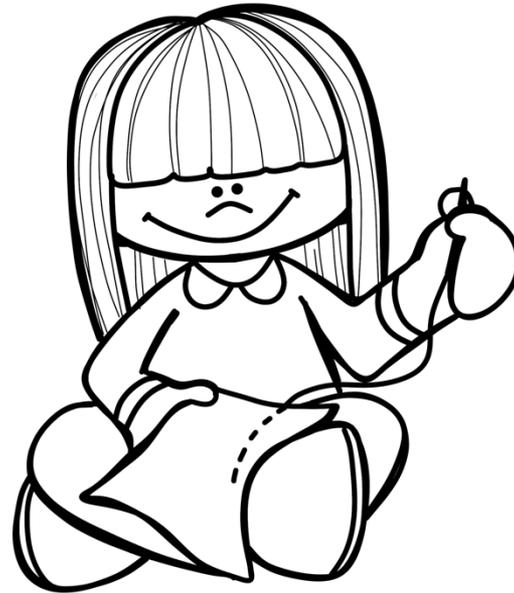
play with magnets



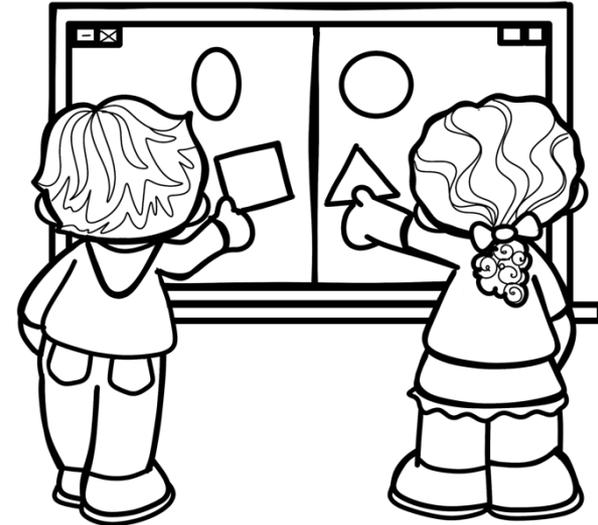
pottery



scan
codes



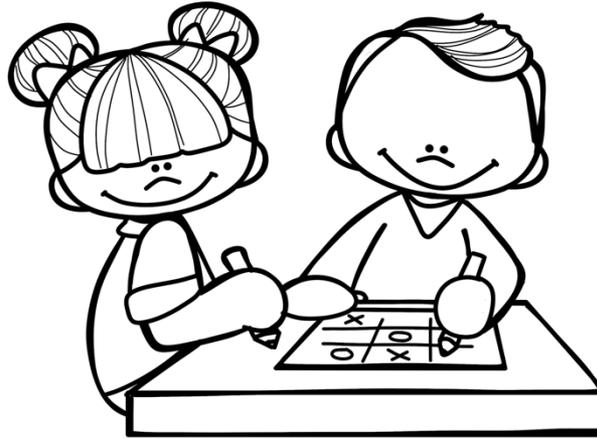
sewing



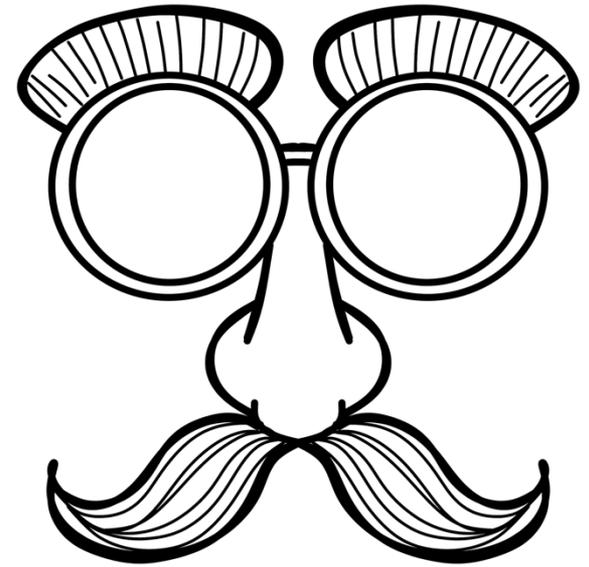
SMART board



SMART table



tic tac toe



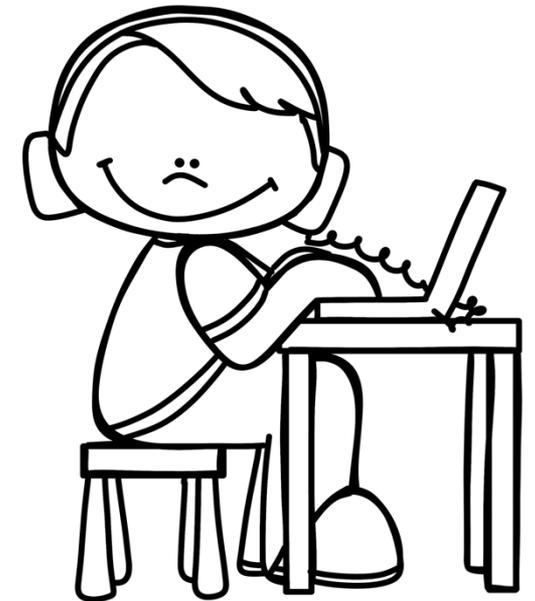
wear a disguise



weigh objects



wood work



use a computer



do a taste test



do a smell test



close eyes
and ears



listen to iPod



What sounds
can you hear?

I hope your children get great benefit from using these calming strategy cards!
If you have any questions or concerns regarding this product please contact me at
lizearlylearningspot@gmail.com
or ask a question at my TpT store:

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