

# This resource will help you

- ✓ expose students to different calming strategies.
- ✓ help students understand the strategies that do and don't work for them.
- ✓ prompt students to think more deeply about calming strategies.

# CUSTOMIZABLE STUDENT STRATEGY NOTEBOOK

## My Calming strategies notebook

And these will help you think through a problem.

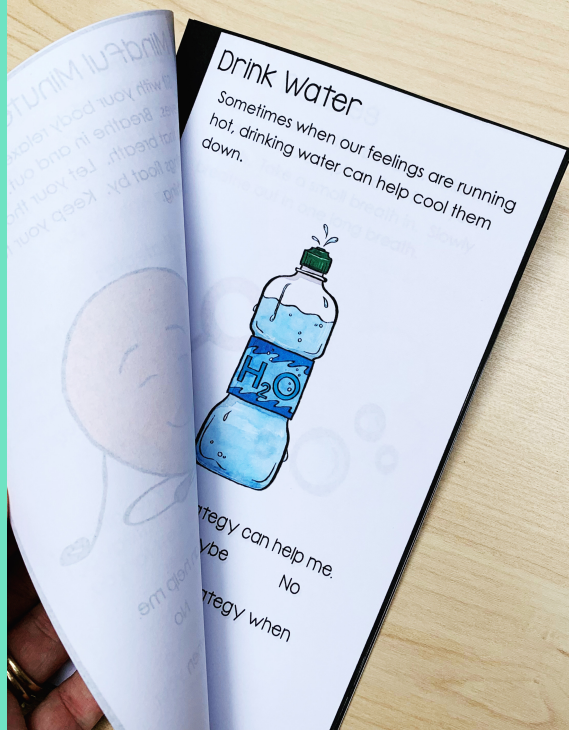
**Finding Your Strategies**  
Strategies can work differently for different people. It's important to try a strategy out and pick the ones that work best for you. Try to find at least three strategies.

Share the strategies you picked with a trusted adult. They can help you use your strategies when feelings can be big and hard to manage.

students choose the strategies that work best for them.







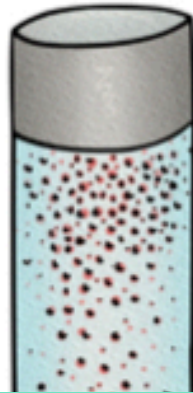
**CHOOSE FROM 29  
CALMING STRATEGIES**

**ASSEMBLE NOTEBOOK WITH  
ONLY THEIR PREFERRED  
STRATEGIES.**



## Calm Bottle

Get a calm bottle and shake it up. Watch the water in the bottle move around like the ocean. As the bottle settles down, take deep breaths and feel yourself settle too.



## Student reflection questions

I think this strategy can help me.

Yes      Maybe      No

I can use this strategy when

## Deep Breaths

Take a second to relax your body. Put your hand on your stomach. Take a deep breath in through your nose. Hold it for 2, 1. Slowly breathe out through your mouth.



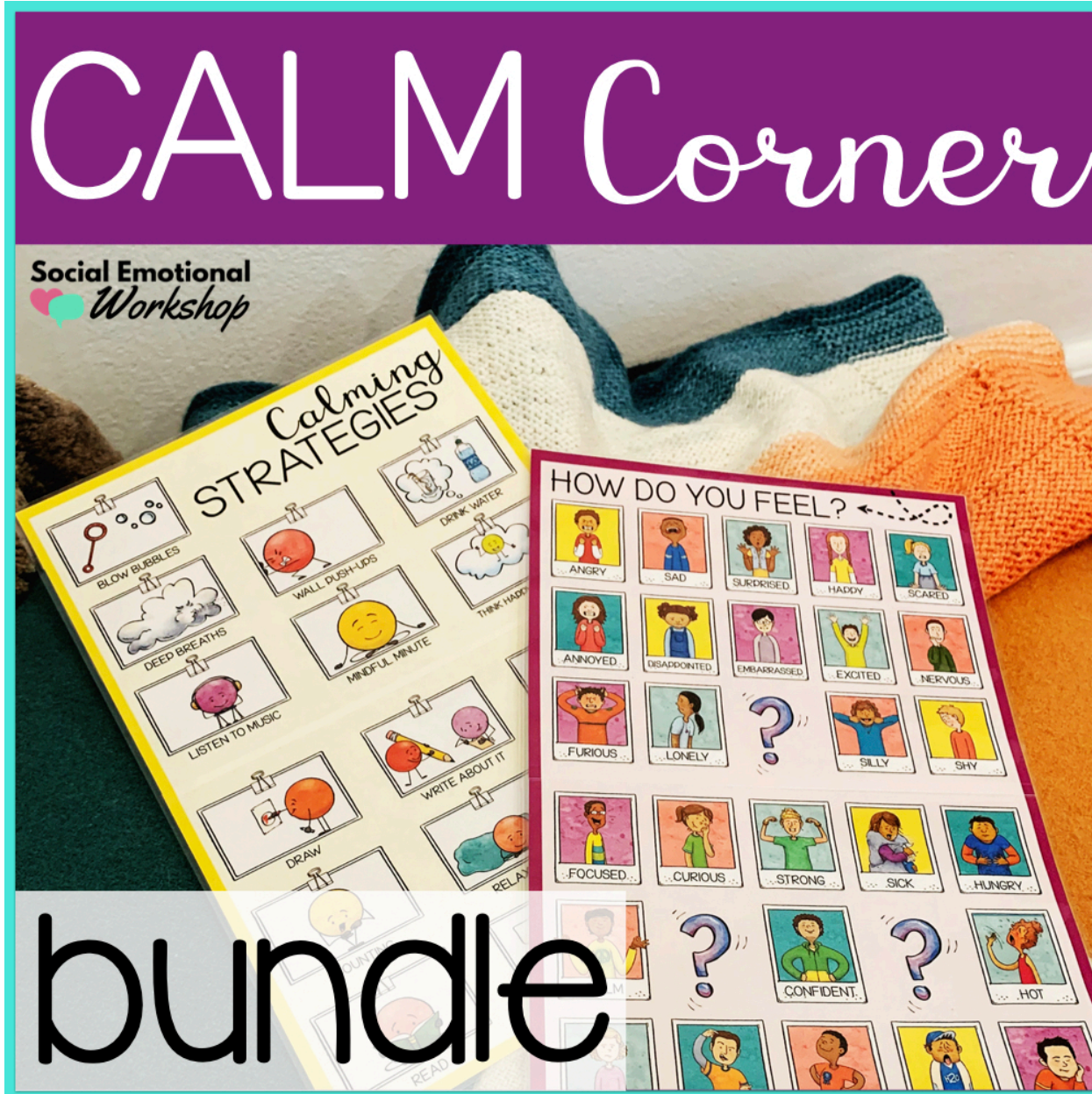
I think this strategy can help me.

Yes      Maybe      No

I can use this strategy when



# Get the whole calm corner bundle



**Calm Corner Visuals**

**Strategy Cards**

**Bonus Yoga Cards**

**Strategy Notebook**

**& MORE**

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