

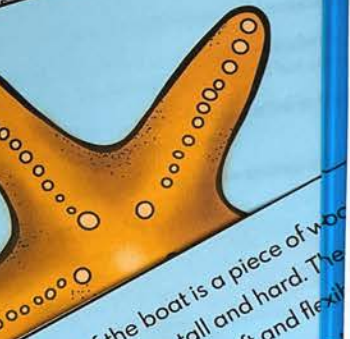
CALMING STRATEGIES

small group lesson

...ies are brief exercises we can do that...
...y can work if we are feeling overwhelmed...
...ming strategies we can do without anyone...
...calming strategies, deep breathing and m...
...students through both exercises.

...ercise, check in with the students. How do t...
...o they think they could use this?

CE: Exploring Calm



...he mast of the boat is a piece of wood...
...holds the sail. It is tall and hard. The...
...piece of cloth that is soft and flexi...
...Let's try making our bodies like...
...Stand tall, put your arms tight...
...make fists, clench your teeth...
...your muscles tight. Hold it...
...relax. How does that...
...Now let's be the sail...
...loose, bend your...
...your jaw, take a...
...muscles. Breat...
...Repeat.

Calming Strategies Checklist		Tried It	Rating	Top
	Give Yourself a Hug	✓	+	★
	Listen to Music	✓	OK	
	Read a Book	✓		
	Build Something	✓	OK	
	Doodle or Draw	✓		
	Take a Short Break			
	Take a Walk			
	Get a Drink of Water	✓		
	Think Happy Thoughts	✓		
	Count to 100			
	Take a Mindful Minute			
	Name the Rainbow			
	Use Positive Self-Talk			
	Write About It			
	Talk About It			
	Take Hot Cocoa Break			
	Blow Bubbles			
	Take Deep Breaths			
	Take Flower Breaths			
	Use a Calm Bottle			
	Use a Fidget			
	Do Wall Push-Ups			
	Do Yoga Poses			
	Do Hand Squeezes			

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WHEN I FEEL

When do you feel this way? What strategy would help?

WHEN I FEEL



NO

NOTES

WHEN I FEEL

What strategy would help?

ROUGH SEAS



When I don't understand something and someone makes fun of me.

CAUTION AHEAD



When I'm behind on work.

SMOOTH SAILIN'



When I'm organized and staying focused

WIND UP



When something is boring

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WHAT'S INCLUDED

01

One Page Lesson Plan

02

24 Calming Strategy Cards

03

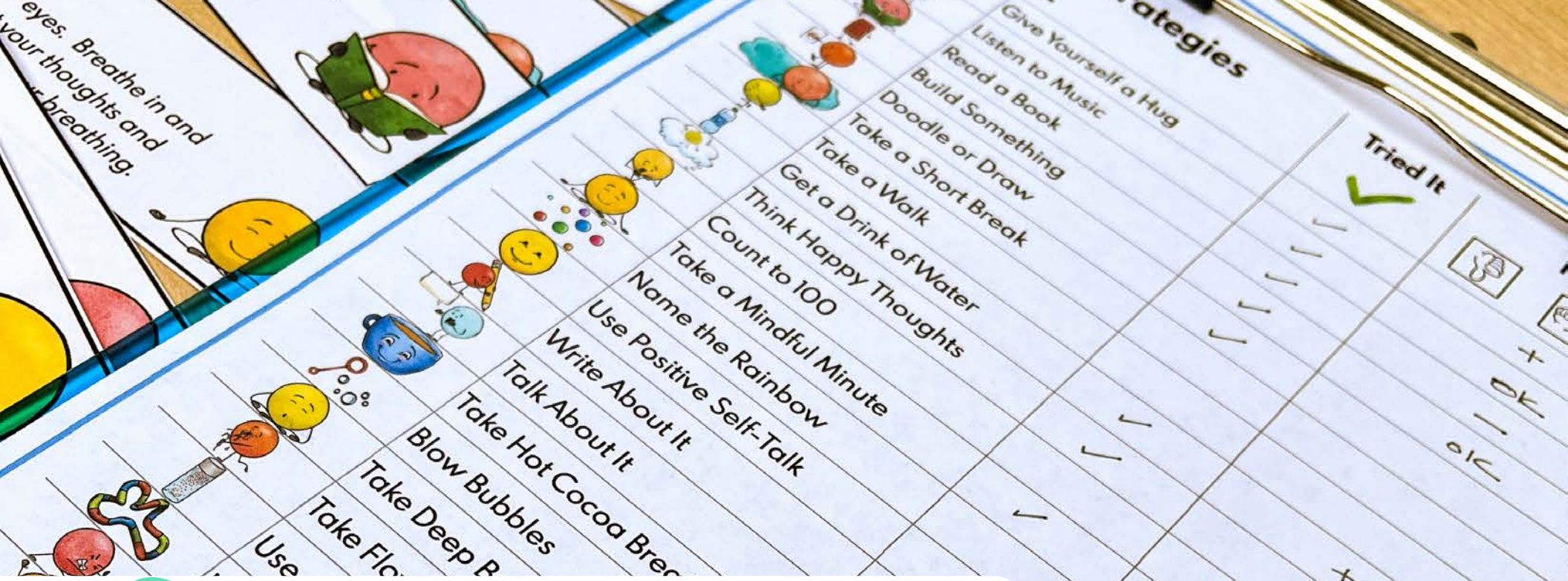
Blank Calming Strategy Cards

04

Calming Strategy Checklist

05

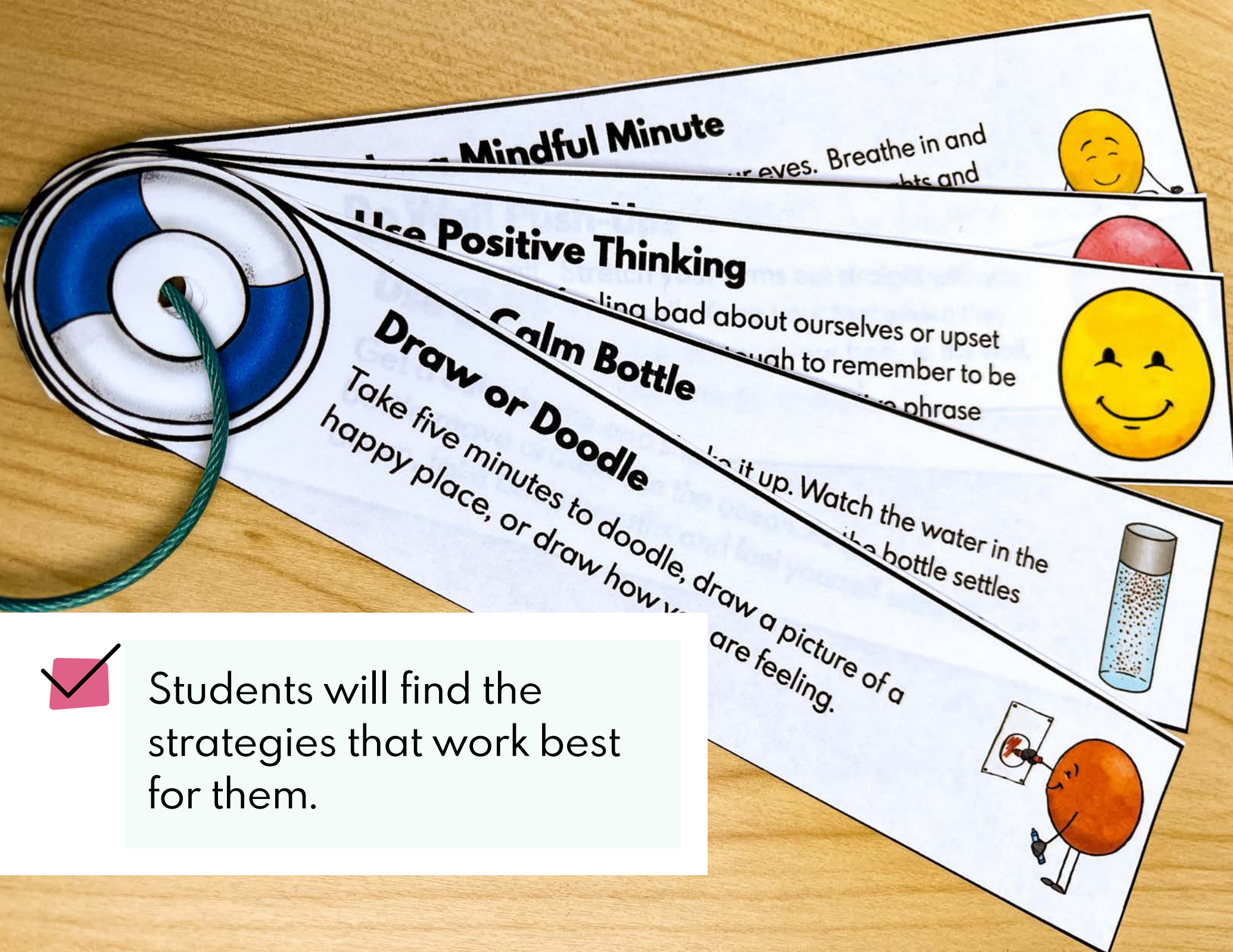
When I Feel Worksheets



Grades 2 - 4

Self Regulation Small Group

Easy to Use Printables



Mindful Minute

Close your eyes. Breathe in and out slowly. Breathe in and out slowly.



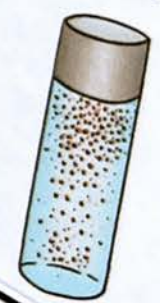
Use Positive Thinking

When you are feeling bad about ourselves or upset, think of something good enough to remember to be happy. Repeat the phrase.



Calm Bottle

Fill it up. Watch the water in the bottle settle.

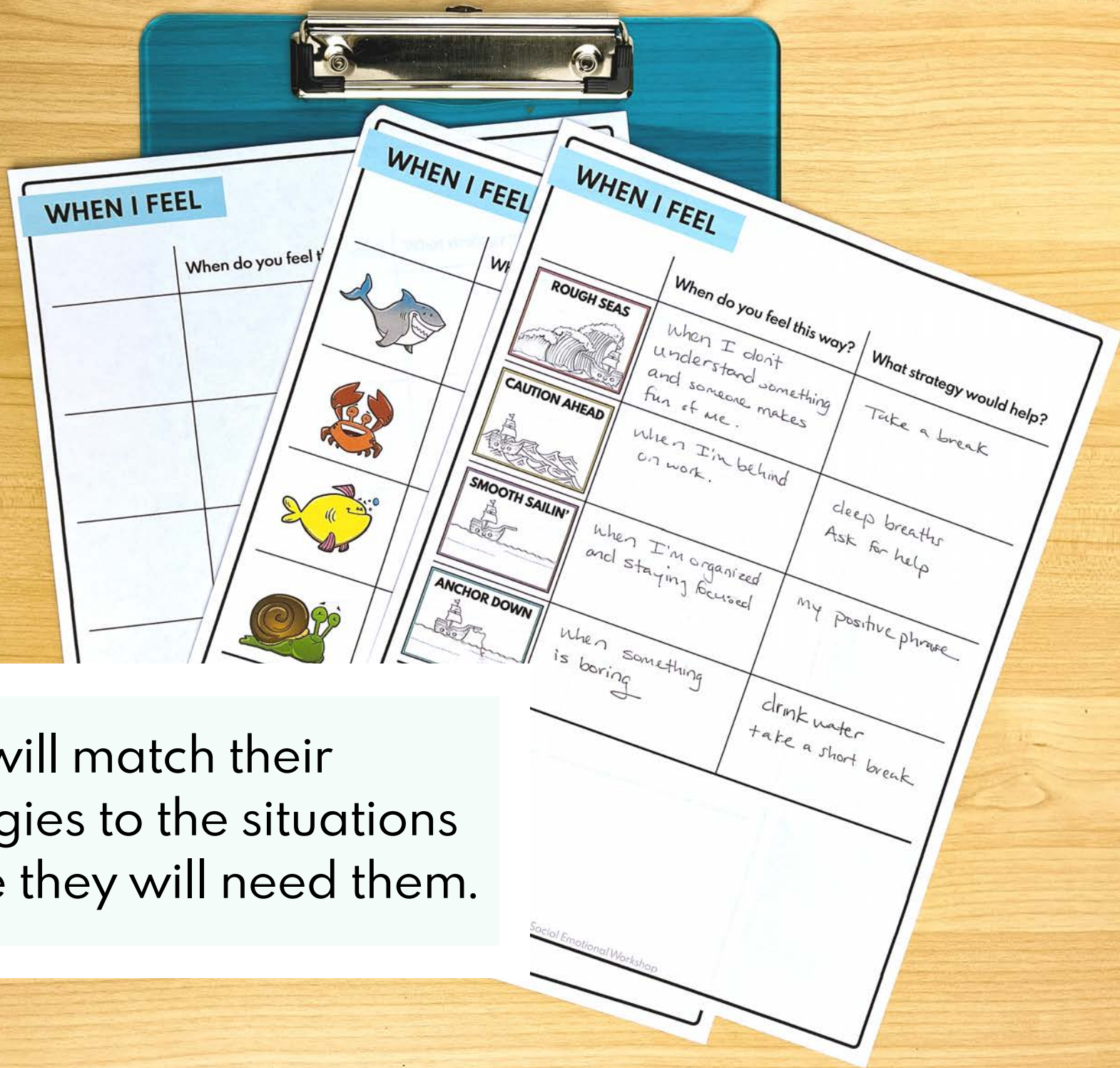


Draw or Doodle

Take five minutes to doodle, draw a picture of a happy place, or draw how you are feeling.



Students will find the strategies that work best for them.

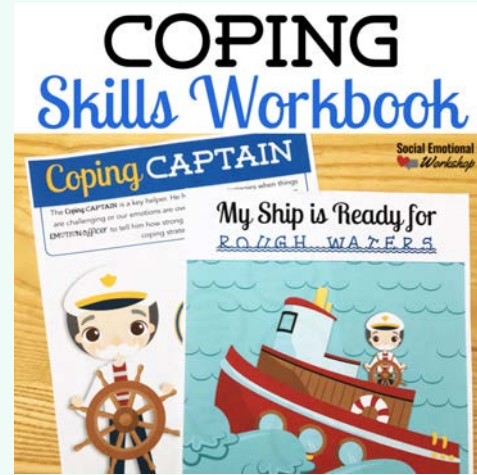
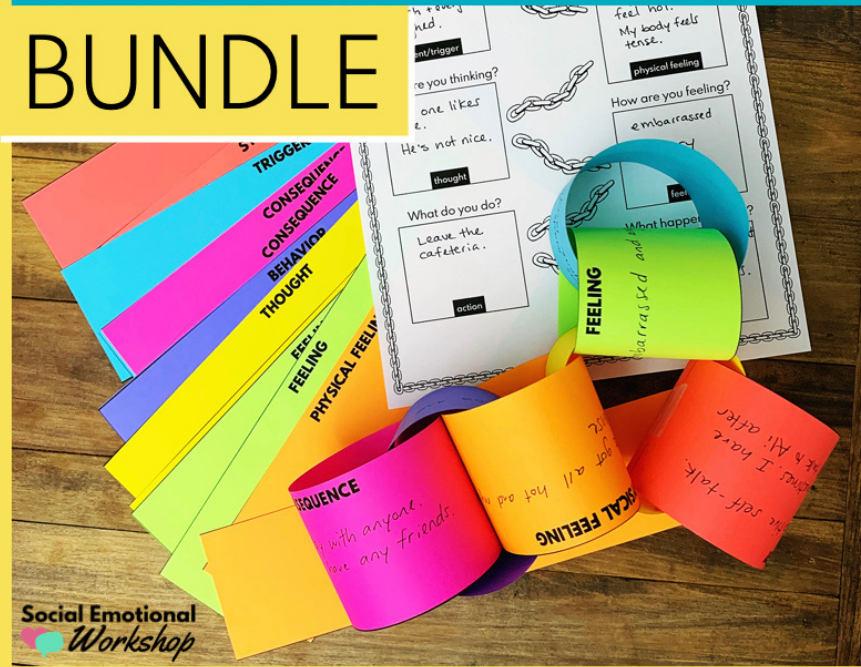


They will match their strategies to the situations where they will need them.

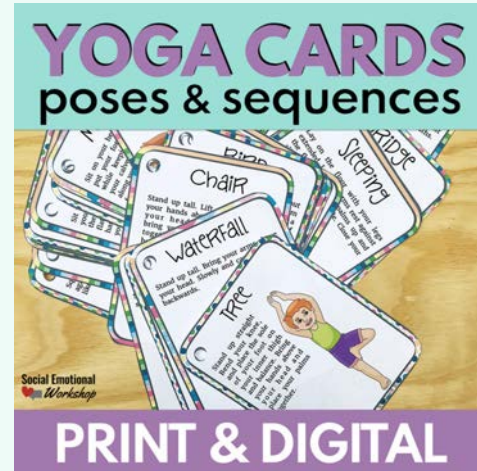
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