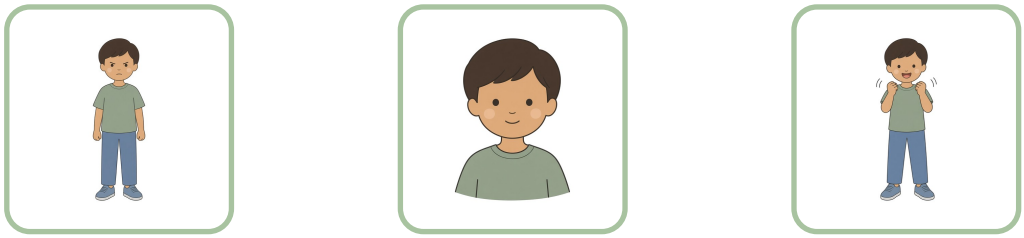
Name: _____

Circle the calm picture.

Look at the pictures. Circle calm.

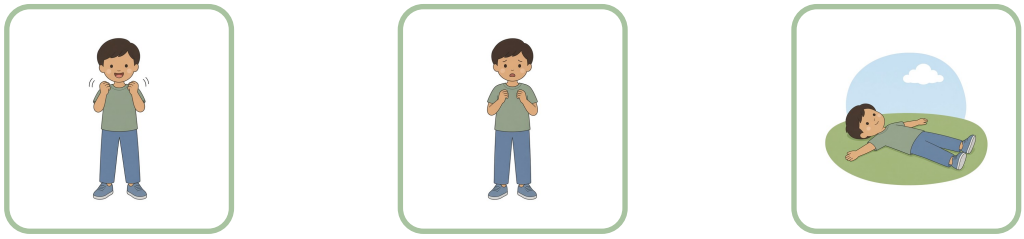
1



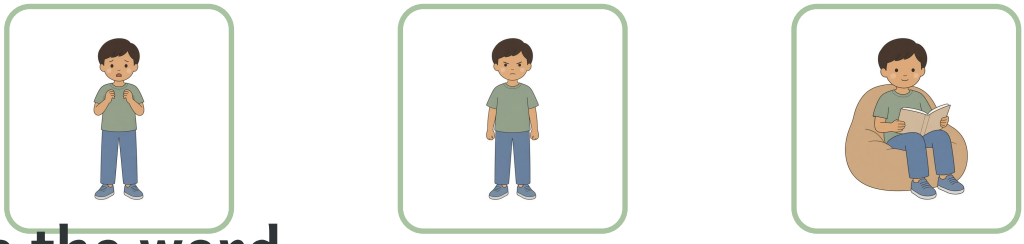
2



3

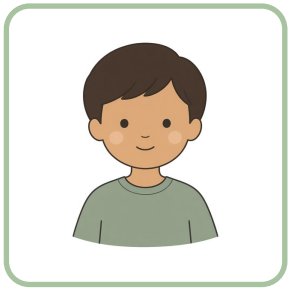


4



Trace the word.

Trace the word calm.



calm

calm

calm

Name: _____

Things that help calm: cut and glue.

Cut out the pictures. Glue them in the calm box.

Glue here.

✂ Cut on the dashed lines.









How does calm look for you?

How does calm look for you? Circle your ways.









my way

Name: _____

Match the picture to the word.

Draw a line to the matching word.











- hum
- breathe
- swing
- rock
- calm corner

Fill in the word.

Pick a word from the box. Write it in the space.

rocks · hums · bath · fish



1. Sam _____ back and forth.



2. Sam _____ a song.



3. Sam has a warm _____.

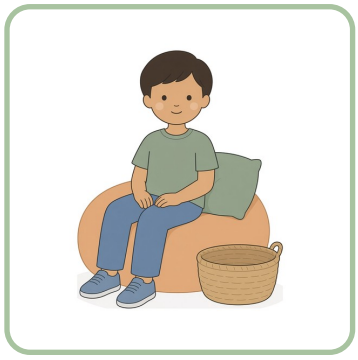


4. Sam watches the _____.

Name: _____

First, next, last.

Put the pictures in order. Write 1, 2, 3.



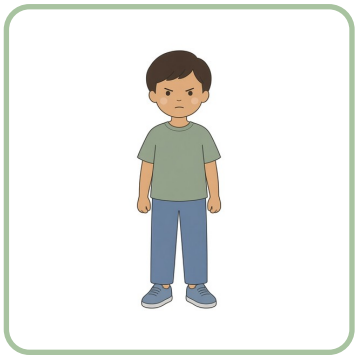
Sam goes to the calm corner

☐



Sam feels calm

☐



Sam feels angry

☐

Thumbs up or thumbs down.

Is it true? Circle thumbs up or thumbs down.

1. Rocking can be calm.



2. Calm means sitting very still.



3. Calm comes back after big feelings.



4. I must be calm all the time.



Name: _____

My calm list.

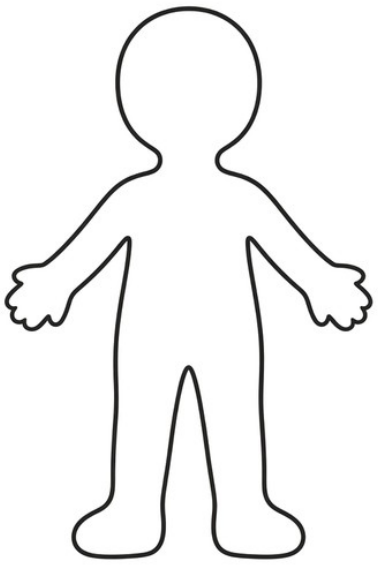
Draw or write three things that help you feel calm.

I feel calm when...

1	2	3

My body and calm.

Where do you feel calm in your body? Color it.



- ☐ soft shoulders
- ☐ slow breathing
- ☐ loose hands
- ☐ quiet tummy
- ☐ steady feet
- ☐ soft face
- ☐ sleepy eyes
- ☐ my own way:

Name: _____

What could I do?

Read the story. Draw or write what you could do.

1. “It is bedtime. My body feels busy.”

2. “I feel calm when I rock.”

3. “Lee is in the calm corner.”

Today.

Today I felt calm when...

Where was I?

Calm · Answers

For grown-ups

Name: _____

Answers

E1: row 1: calm-face; row 2: sam rock; row 3: lie-grass; row 4: read-book
E2-E4: Any careful try counts. Every picture can go in the box. Any answer is right for the child's own ways.
D1: sam rock = rock; sam hum = hum; swing = swing; sam deep breath = breathe; sam calm corner = calm corner
D2: 1. rocks; 2. hums; 3. bath; 4. fish
D3: 1. Sam feels angry; 2. Sam goes to the calm corner; 3. Sam feels calm
D4: 1. thumbs up (true); 2. thumbs down (not true); 3. thumbs up (true); 4. thumbs down (not true)
A1-A4: The child's own answers are all right. Suggestions:

Tips for grown-ups

- Calm is a body state, not a behavior. A rocking, humming child may be very calm.
- Do not use "calm" to mean "quiet and still" or as a demand ("calm down!").
- Teach calm tools when the child is already calm, not in the middle of a big feeling.
- Notice and name calm moments: "Your body looks soft and slow right now."
- Keep a calm space that is a choice, never a punishment or a time-out.
- Bedtime calm: dim lights and screens, keep a predictable picture routine.