AGES 4–12 PRINTABLE WORKSHEET

My Calm-Down Menu



WHAT THIS IS

A menu lets you choose. This menu is full of calm-down ideas. You pick the ones that work for you.

HOW TO USE IT

1. Try each idea when you are calm.
2. Check the ones you like.
3. Star your top 3 favorites.

EXAMPLE

"When I'm mad, I pick from my menu: 3 belly breaths, then draw."

Breathe

- ☐ Smell the flower, blow the candle
- ☐ Belly breaths
- ☐ Five-finger breathing

Add your own _____

Move

- ☐ Jumping jacks
- ☐ Wall push-ups
- ☐ Stretch like a cat
- ☐ Dance it out

Add your own _____

Senses

- ☐ Hold a cool cloth
- ☐ Squeeze a stress ball
- ☐ Look at a calm jar
- ☐ Listen to soft music

Add your own _____

Connect

- ☐ Ask for a hug
- ☐ Talk to a safe person
- ☐ Cuddle a pet or toy

Add your own _____

Create

- ☐ Draw or color
- ☐ Build with blocks
- ☐ Write a note

Add your own _____

MY TOP 3

★ _____

★ _____

★ _____

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