



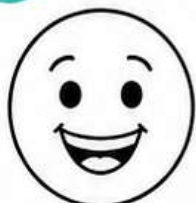
Kai's Calm Choices



A free home printable

AGES 4-8

1 My feeling is... ♥



happy



sad



mad



scared



worried



tired

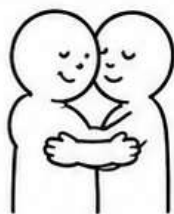
2 I can try... ♥



deep breaths



water



a hug



movement



drawing



quiet time

3 What helped me? ♥

★ _____

4 Who can I go to for help? ♥

1. _____
2. _____
3. _____



5 One kind thought for myself ♥

