



My Calm Down Choices



When I feel scared, worried, or have a hard time sleeping, I can try one of these in my bed.

Hug Something Soft



I can hug my stuffed animal or a cozy blanket.

Take Slow, Deep Breaths



I can breathe in slowly... hold... and breathe out slowly. I can do this 3, 5 or 10 times.

Think Happy Thoughts



I can think about my favorite place, my family, my pets, or something that makes me happy.

Use a Calm Voice



I can say kind and calming words to myself.

Listen to Soft Sounds



I can listen to quiet music, nature sounds, or white noise.

Count Slowly

1 2 3 4 5
6 7 8 9 10

I can count slowly in my head or count things I see in my room.

Do a Body Relaxation



I can make my body feel calm:

- Squeeze my hands tight... then let go.
- Scrunch my shoulders... then relax.
- Wiggle my toes... then be still.

Read a Book



I can look at a book with a grown-up or read a quiet book in bed.

Picture a Cozy, Safe Place



I can close my eyes and picture a place where I feel safe and happy.

Give Myself a Gentle Hug



I can give myself a big, gentle hug.

Notice 5 Things Around Me



I can look around and name 5 things I see, 4 I hear, 3 I can touch, 2 I can smell, 1 I am thankful for.

Get Comfortable



I can adjust my pillow, blanket or body to get more comfortable.