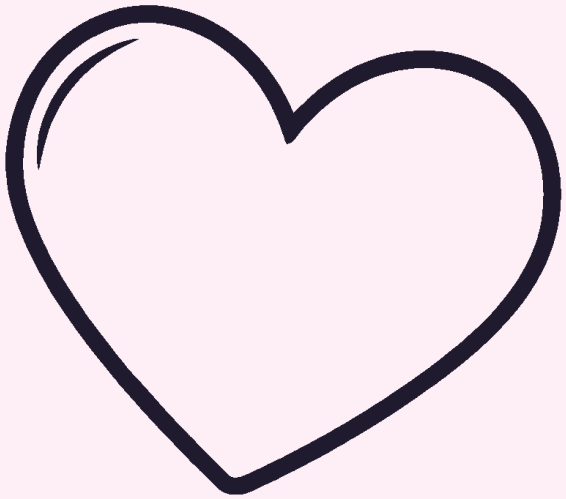
PSED · PSED · BOOK 2 OF 46

Calm-Down Strategy Cards

Feelings, friends and looking after me.



Ages 3-5 | 13 pages | 15 min a page | Print at 100%

Talk | Vocabulary | Reading

This book belongs to:

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Notes for grown-ups

Why this matters

Big feelings are hard for small children. This book gives your child simple calming ideas, such as slow breathing, a hug or a quiet book, to try when they feel upset or cross.

How to use this book

1. Do one or two pages a day, not the whole book at once.
2. Talk about the pictures before you start each page.
3. Let your child take their time; there is no rush.
4. Praise trying and noticing, not neatness.

Things to say

- "How does your body feel?"
- "What could help you feel calm?"
- "Shall we breathe slowly together?"

What to look for

- Names a feeling
- Tries a calm-down idea
- Asks for help when upset

If it is too hard

Practise one calm-down idea together when your child is already calm.

If it is too easy

Ask them to teach a toy or sibling their favourite calm-down idea.

You will need

pencil, crayons, scissors (adult-led), glue (optional)

EYFS link

PSED (Self-Regulation / Managing Self / Building Relationships): talk about their own and others' feelings, follow routines, take turns and look after themselves.

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About: Calm-Down Strategy Cards

Adult: Look at the pictures and talk about them together.

Name _____ Date _____



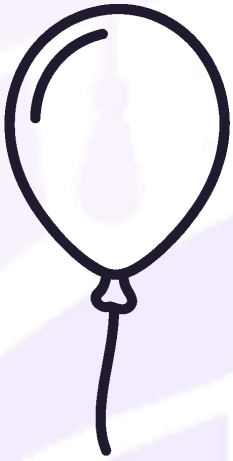
heart



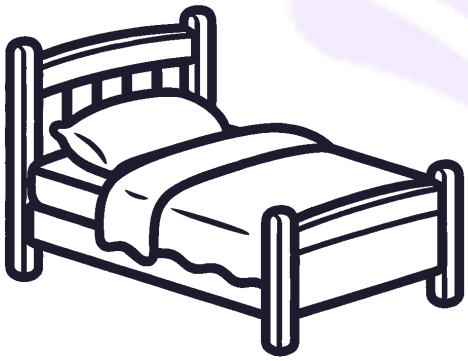
hug



book



balloon



bed



cup

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Key words to trace

Adult: Read each word together, then trace it.

Name _____ Date _____

heart heart

hug hug

book book

balloon balloon

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Match word to picture

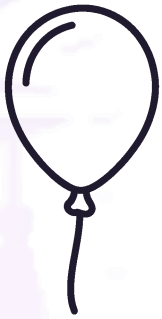
Adult: Draw a line from each word to its picture.

Name _____ Date _____

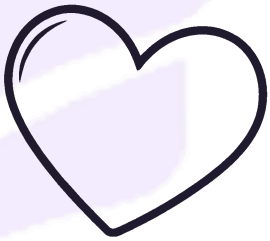
heart



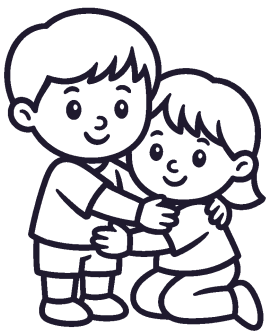
hug



book



balloon



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Kind or unkind?

Adult: Cut and sort the cards. Talk about each one.

Name _____ Date _____

calming	not calming

Take slow breaths	Count to five
Hug a teddy	Shout and throw
Hit out	Look at a book

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In order

Adult: Draw (or cut and stick) what happens first, next, then and last.

Name _____ Date _____

First

Next

Then

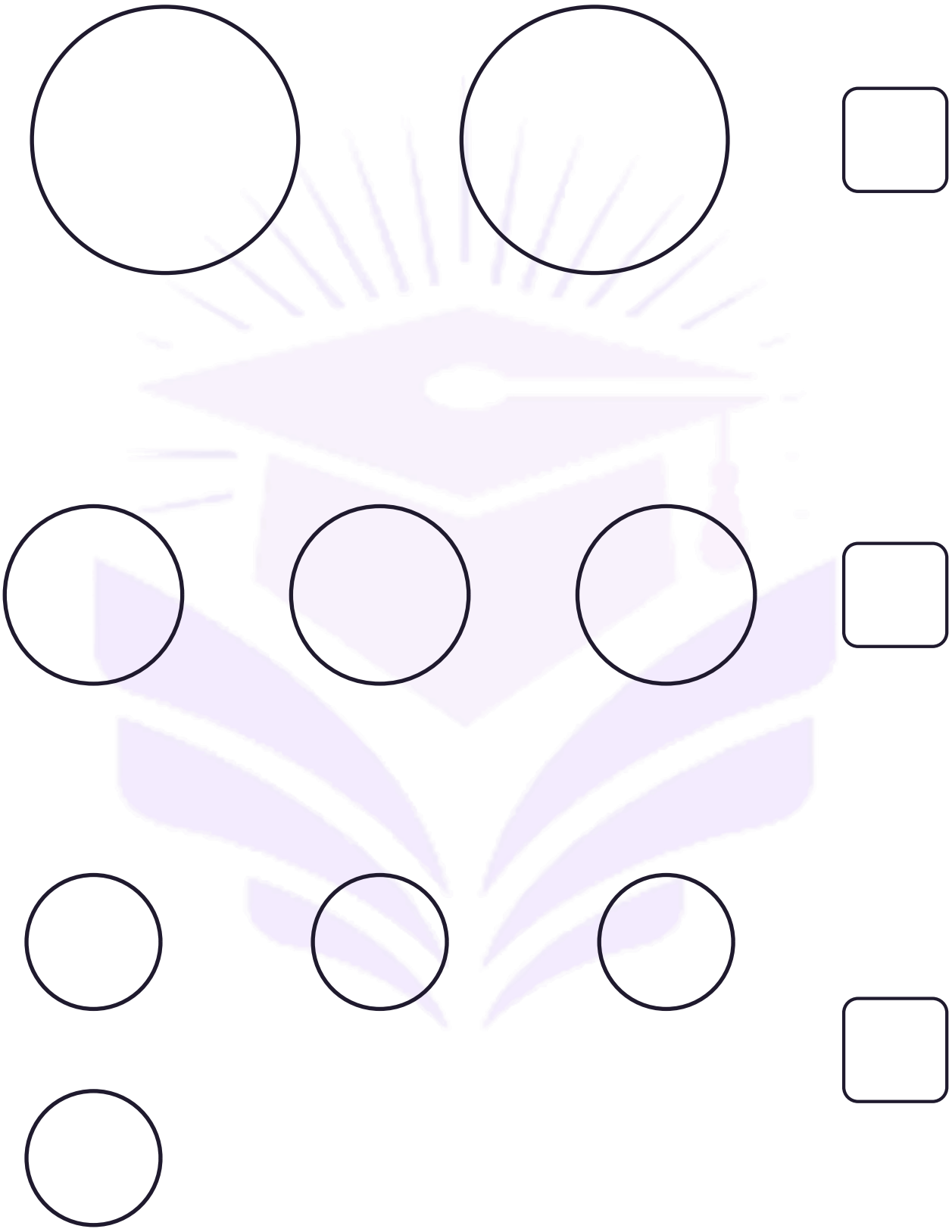
Last

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Count and write

Adult: Count each group and write the number.

Name _____ Date _____



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SPEAKING

Talk and write

Adult: Ask the question. Help your child write or draw their answer.

Name _____ Date _____

Draw your own here

What helps you feel calm?

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Draw it

Adult: Draw your own picture about calm-down strategy cards.

Name _____ Date _____

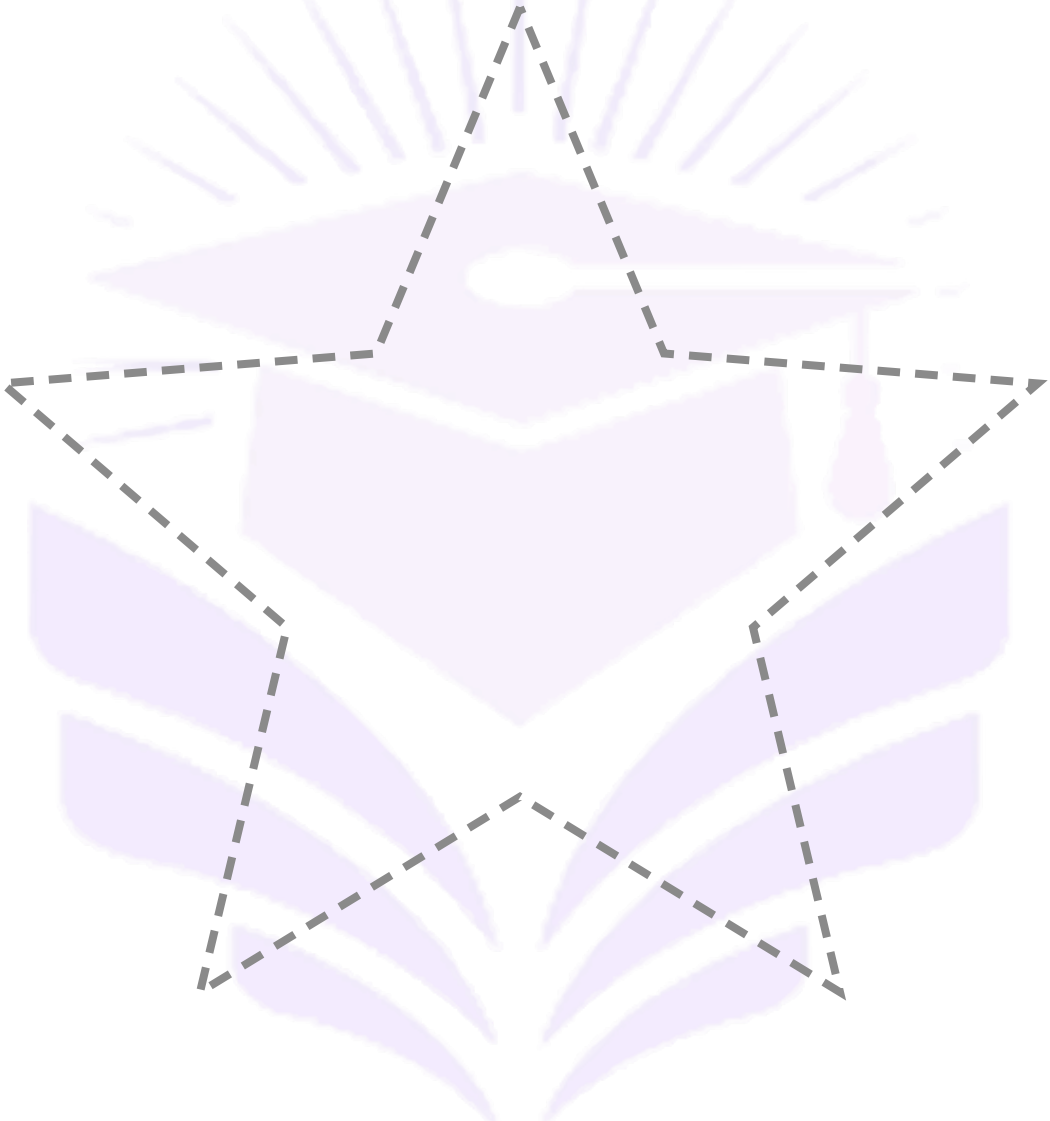
Draw your own here

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Calm breathing

Adult: Trace the star slowly: breathe in going up, out going down.

Name _____ Date _____



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ASSESSMENT

I can...

Adult: Tick what your child can do.

Name _____ Date _____

☐ I can say when I feel upset

☐ I can take slow breaths

☐ I can pick a calm-down idea

☐ I can ask for help

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Well done!

This certificate is awarded to

_____

for finishing

Calm-Down Strategy Cards



Signed _____ Date _____

What's next?

Classroom Rules Posters

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