My Calm Kit

Games for big feelings. Print me, colour me in and cut me out!

What's the weather inside me today?

Feelings come and go like weather. Colour the circle under the one that feels most like you.



○ Sunny ○ Cloudy ○ Rainy ○ Stormy ○ Rainbow

Where do I feel it in my body?

Tick the places that feel tight, fizzy, hot or heavy.

- ☐ Tummy
- ☐ Chest
- ☐ Head
- ☐ Face
- ☐ Hands
- ☐ Legs

My calm cards

Cut them out, keep them in your pocket, and pick one when feelings get big.



Balloon breath

Hands on your tummy. Breathe in through your nose and blow up the balloon. Breathe out slowly and let it go down. Five balloons.



Starfish hand

Spread one hand like a starfish. Trace up each finger as you breathe in, and down as you breathe out.



Shake it out

Shake your hands, arms, one leg, the other leg, then everything! Now stand still and feel the buzz.



Big cat stretch

On hands and knees, round your back like a cat, then stretch long and big. Yawn if one comes!



Bumblebee hum

Breathe in, then hum like a bee all the way out. Feel the buzz in your lips and face.



Freeze and melt

Freeze like a statue and squeeze everything tight. Then melt slowly like ice cream on a hot day.

My calm plan

Fill this in with a grown-up you trust.



When I feel...

My body tells me by...

A calm card I can try is...

A grown-up I can talk to is...

My calm star chart

Each day you try a calm card, colour in a star. Big feelings are normal. Practising helps.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
☆	☆	☆	☆	☆	☆	☆

If something feels too big, tell a grown-up. Kids Helpline is free, any time: 1800 55 1800