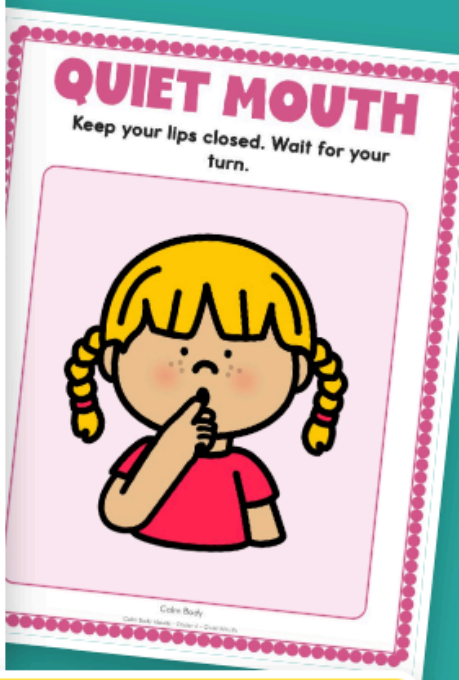
CALM BODY VISUALS

Cue Posters | Cards | Desk Strips







6 POSTERS

CARDS + DESK STRIPS

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This is a fillable PDF

- Open it in a PDF reader (Adobe Acrobat Reader, Preview, or your browser), click into a line or a box, type, and Save As.
- The name lines, the draw page, the class tally, the family note and every notes area are type-in fields. You can also print any page and write by hand.
- It works offline. No account, no subscription, no internet connection needed after you download it.

Print at 100 percent

Turn off fit to page and shrink to fit so the cut pieces keep their size. Every page is readable in black and white, and the cut pages come in a color set and an ink-saver set. Posters look best on cardstock; cards and strips are fine on copy paper.

Need help?

If a field will not behave or a page will not print the way you expect, use Ask a Question on the product page before leaving a review. Every question is read, and a fix to the file ships as a free update.

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PREVIEW

How to Set Up Your Cues

One way to use it. Your room, your choices.

Five places the cues can go

- **Walls.** Hang the six posters at children's eye level, or the all-six poster (page 12) if you have one wall.
- **Hands.** Cut the cue cards (page 13). Punch a corner and put them on a ring, or keep them in a pocket.
- **Desks.** Cut the desk strips (page 15) and tape one to each desk, or to the top of a notebook.
- **Check.** Print the star check (page 17) once a week for each child. Keep it in a folder.
- **Practice.** Try each cue together when everyone is calm, before anyone needs the reminder.

Our class words for the cues (write your own)

Our word for feet on the floor

Our word for hands still

Our word for eyes on the speaker

Our word for a quiet mouth

Our word for listening ears

Our word for sitting tall

Our quiet signal (write what your class uses)

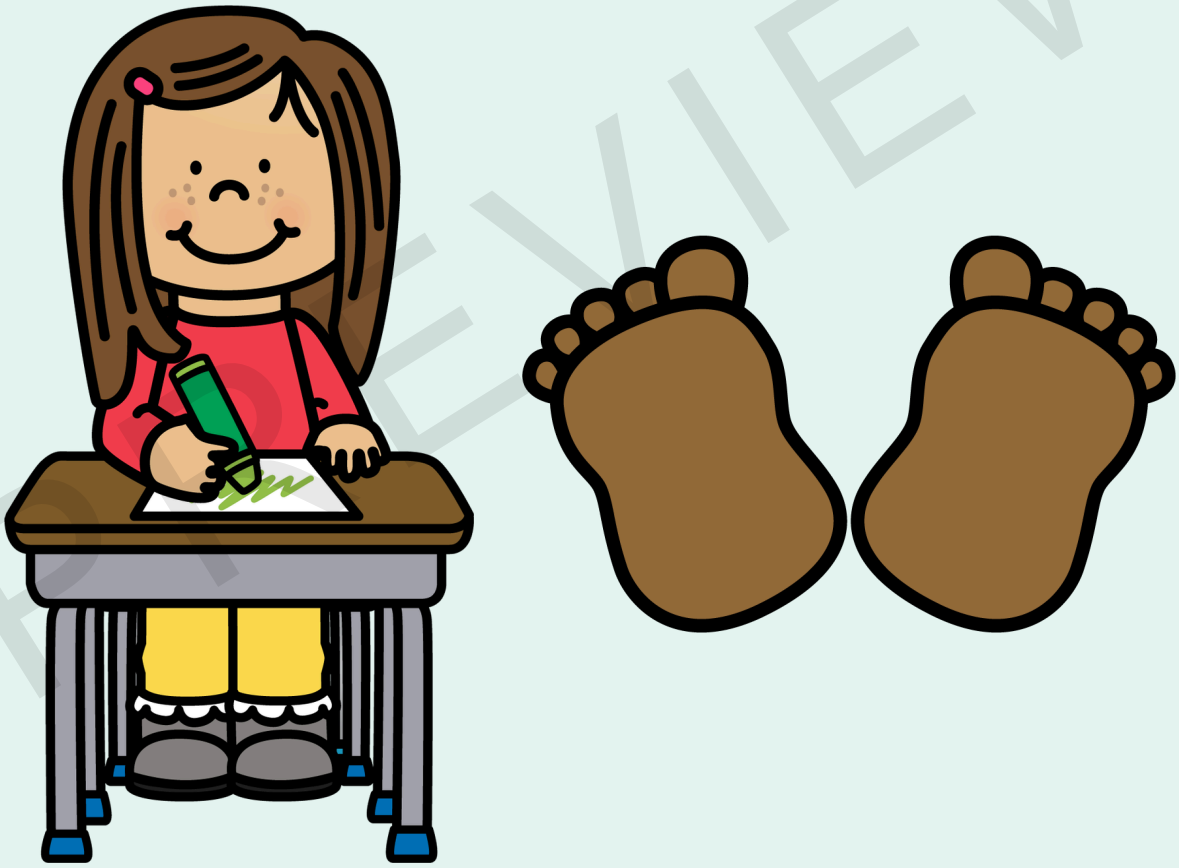
Where our posters and strips are

PREVIEW

Preview - Bright Path Sped

FEET ON THE FLOOR

Both feet are flat on the floor.

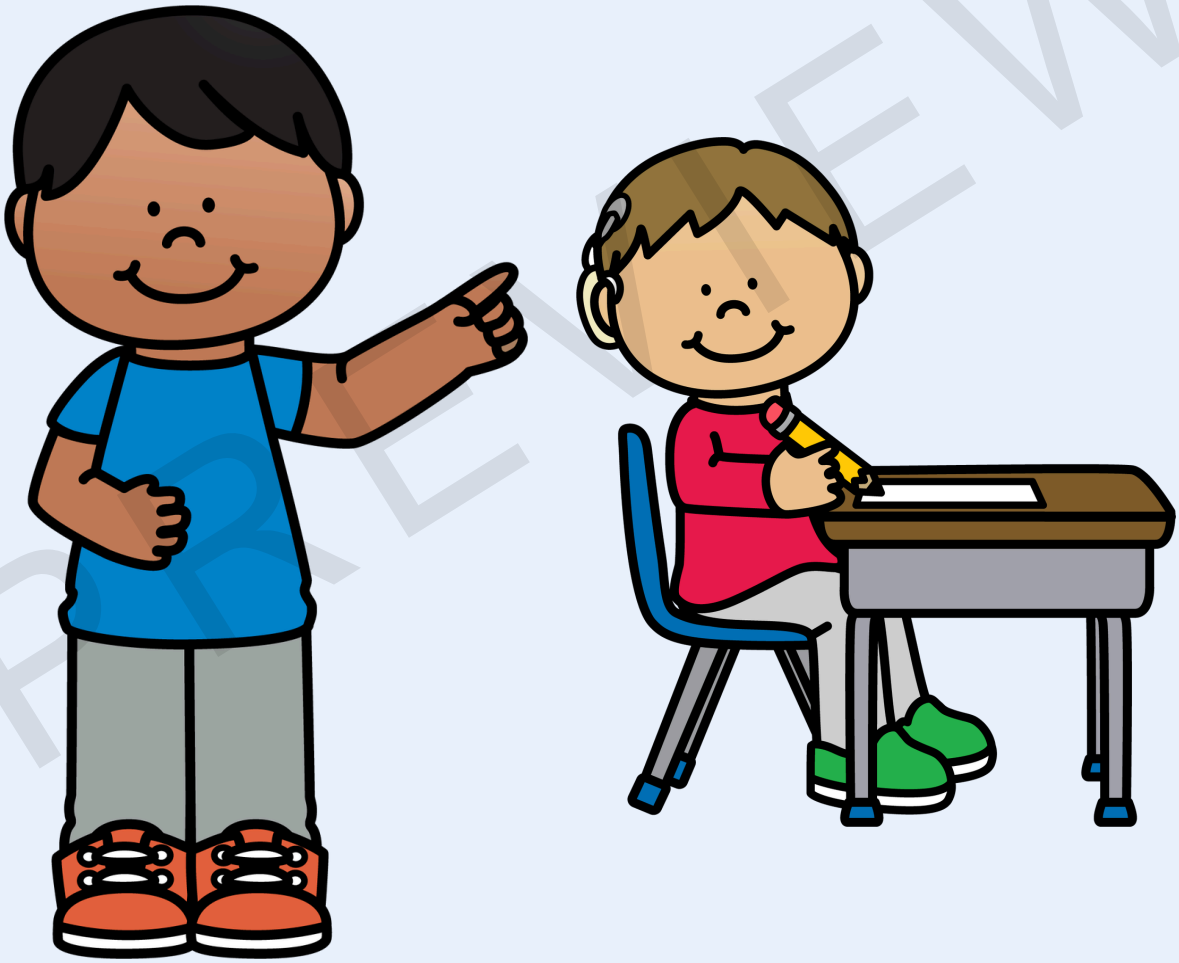


PREVIEW

Preview : Bright Path Sped

EYES ON THE SPEAKER

Look at the person who is talking.



PREVIEW

Preview : Bright Path Sped

LISTENING EARS

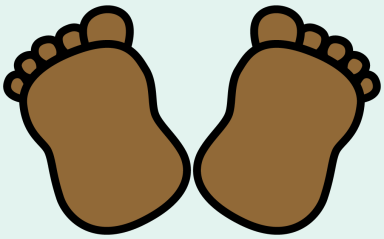
Listen to the words. Think about them.



PREVIEW

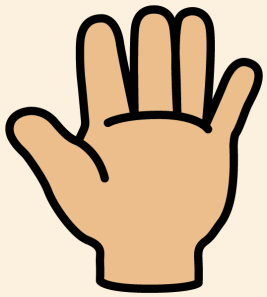
Preview : Bright Path Sped

Cut the cards. Hold one up.



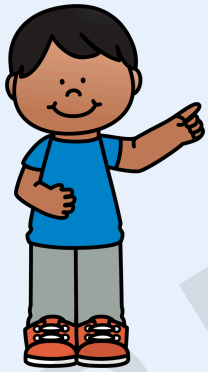
Feet on the Floor

Both feet flat on the floor.



Hands Still

Hands in your lap or on your desk.



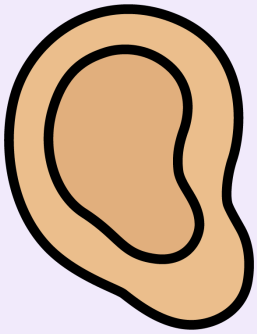
Eyes on the Speaker

Look at the person talking.



Quiet Mouth

Lips closed. Wait for your turn.



Listening Ears

Listen to the words.



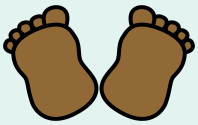
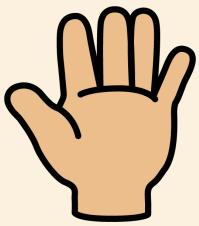
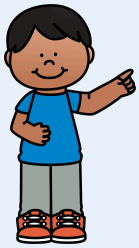
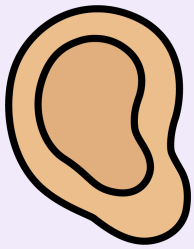
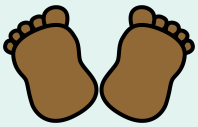
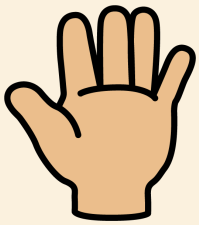
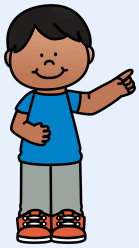
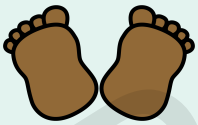
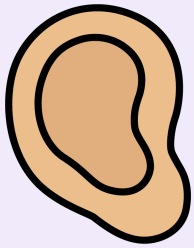
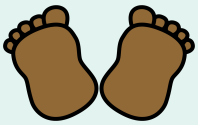
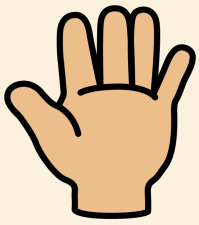
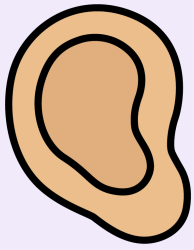
Sitting Tall

Sit up tall and ready.

PREVIEW

Preview - Bright Path Sped

Cut each row into a strip. Tape it to a desk.

 Feet on the Floor	 Hands Still	 Eyes on the Speaker	 Quiet Mouth	 Listening Ears	 Sitting Tall
 Feet on the Floor	 Hands Still	 Eyes on the Speaker	 Quiet Mouth	 Listening Ears	 Sitting Tall
 Feet on the Floor	 Hands Still	 Eyes on the Speaker	 Quiet Mouth	 Listening Ears	 Sitting Tall
 Feet on the Floor	 Hands Still	 Eyes on the Speaker	 Quiet Mouth	 Listening Ears	 Sitting Tall

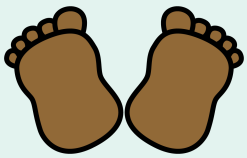
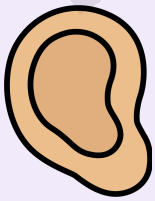
PREVIEW

Preview - Bright Path Sped

My name _____

Color a star when your body did it.

MY CALM BODY CHECK

	Mon	Tue	Wed	Thu	Fri
 Feet on the Floor	☆	☆	☆	☆	☆
 Hands Still	☆	☆	☆	☆	☆
 Eyes on the Speaker	☆	☆	☆	☆	☆
 Quiet Mouth	☆	☆	☆	☆	☆
 Listening Ears	☆	☆	☆	☆	☆
 Sitting Tall	☆	☆	☆	☆	☆

PREVIEW

Preview : Bright Path Sped

My name _____

Draw yourself with a calm body.

PREVIEW

My calm body helps me

Weekly Tally: Which Cues Are Strong?

Each day, count the children who colored a star for each cue. Add across and down.

Class _____ Teacher _____ Week of _____

Children in the class this week _____

Calm body cue	Mon	Tue	Wed	Thu	Fri	Total
Feet on the Floor						
Hands Still						
Eyes on the Speaker						
Quiet Mouth						
Listening Ears						
Sitting Tall						
All stars						

PREVIEW

Cue with the most stars

_____

Cue to practice next

_____

What I will do next week

_____

_____

_____

A Note to Families

One page to send home when you start the cues.

Date _____ Class _____ Teacher _____

Dear families,

In our room we are practicing six calm body cues. Each one has a picture, so children can see what to do. We practice together when everyone is feeling good. The cues are:

- Feet on the Floor
- Hands Still
- Eyes on the Speaker
- Quiet Mouth
- Listening Ears
- Sitting Tall

This week we are practicing

_____

_____

You can try this at home

Pick one cue with your child. Practice it together at the table, then point to it and say thank you when you see it.

_____

_____

A note from me (your words)

_____

_____

_____

Thank you, (teacher) _____ Family signature, if your school asks for one _____

PREVIEW

Phrase Bank

Fill each blank with what you really saw.

Teaching a cue

- "Today we practice ____ (a cue). Watch me first."
- "Show me ____ (a cue) for five seconds. Ready?"
- "Find the child in the picture with calm ____ (hands, feet, ears)."
- "What does ____ (a cue) look like? What does it feel like?"

Noticing it

- "I see ____ (name) with both feet on the floor. Thank you."
- "Your hands are still. That helps you listen."
- "I see eyes on the speaker. That is the cue."
- "Thank you for waiting with a quiet mouth."

A quiet reminder

- "Check your ____ (feet, hands, eyes)."
- Point to the card and wait. Then say thank you.
- "Look at the card. What does it show?"
- "Try it again. I will wait."

Sentence starters for children

- A calm body has ____.
- When I sit tall, I can ____.
- My hands are ____.
- Today my best cue was ____.

For the note home

- This week we practiced the cue ____.
- Your child is getting good at ____.
- At home you can try ____ together, at the table or on the couch.
- Thank you for ____ (what the family did to help).

PREVIEW