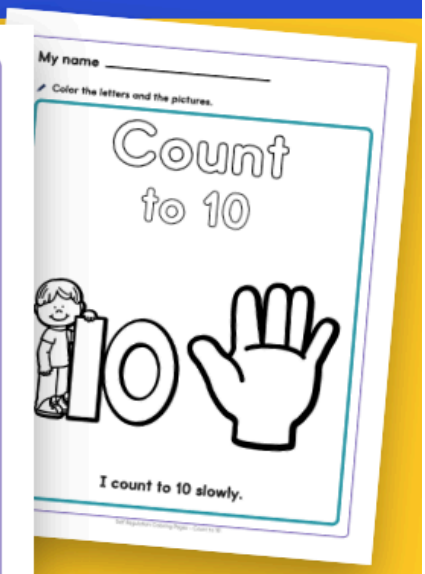
# SELF REGULATION COLORING PAGES

## Calm Down Strategies




12 CALM STRATEGIES

BRIGHT PATH SPED

# Terms of Use

Please read before you print your first page.

## One classroom license

- This file is for one classroom: one teacher, one group of students.
- Please do not share it, post it online, or sell it.
- Extra licenses for a team or a school are available on the product page.

## This is a print-and-color PDF

- Print the pages you need. The children color them with crayons, markers or colored pencils.
- The student pages are black outline art to color, so they use little ink.
- 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 letter edges stay thick and the pictures stay big enough for small hands. Plain paper is fine; a heavier paper holds up to markers.

## Student work

Keep a child's finished pages in their own folder. Use a first name only on any page that leaves your hands.

## Need help?

If 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: re-download it any time from My Purchases.

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PREVIEW

My name _____

Look. Then color your own.

Look

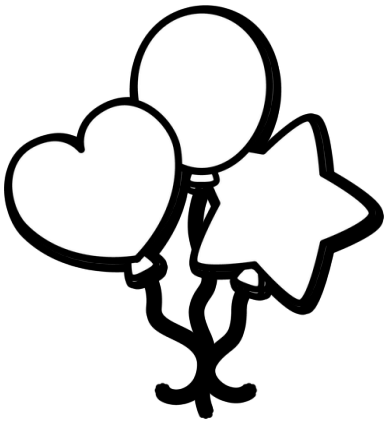
# Take deep breaths



I take slow, deep breaths.

Your turn

# Take deep breaths

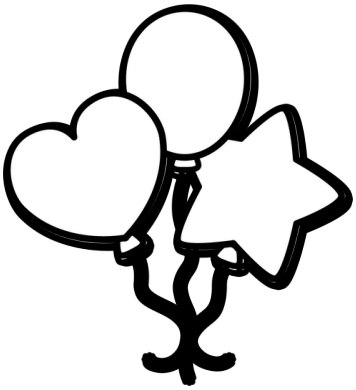


I take slow, deep breaths.

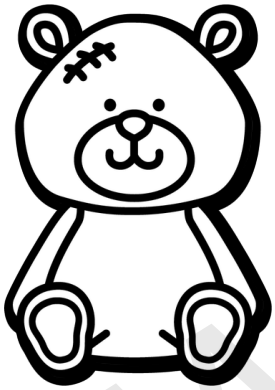
PREVIEW

My name _____

Color the pictures and the words.



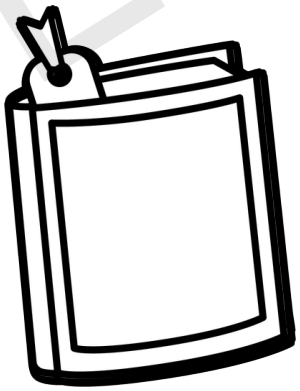
Breathe



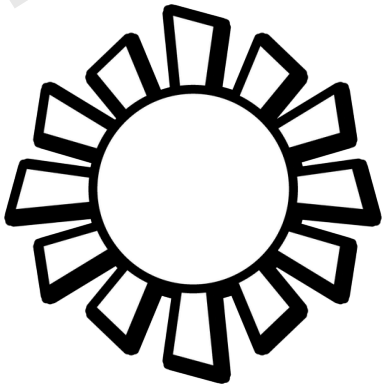
Hug



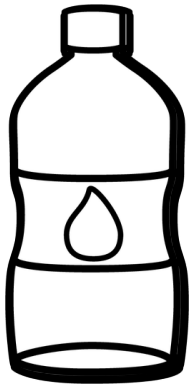
Music



Read



Sun



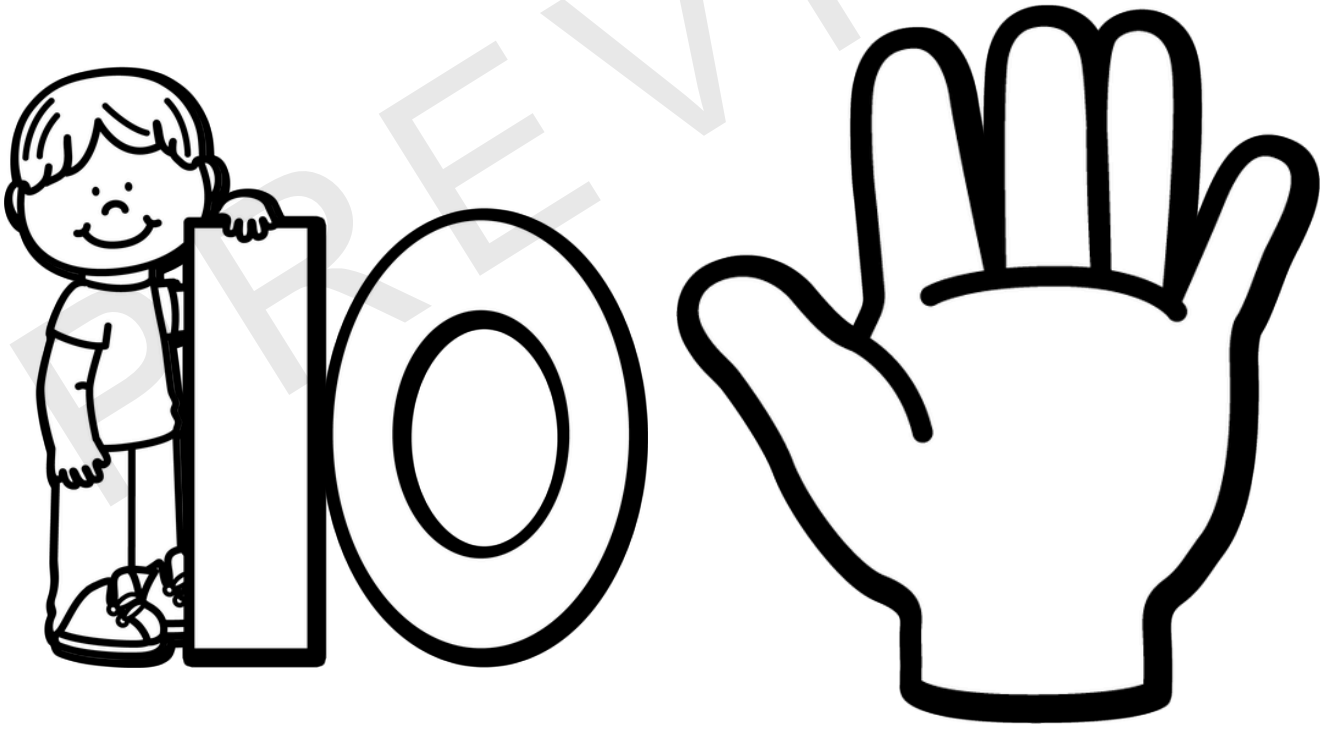
Water

PREVIEW

My name _____

Color the letters and the pictures.

# Count to 10



PREVIEW

I count to 10 slowly.

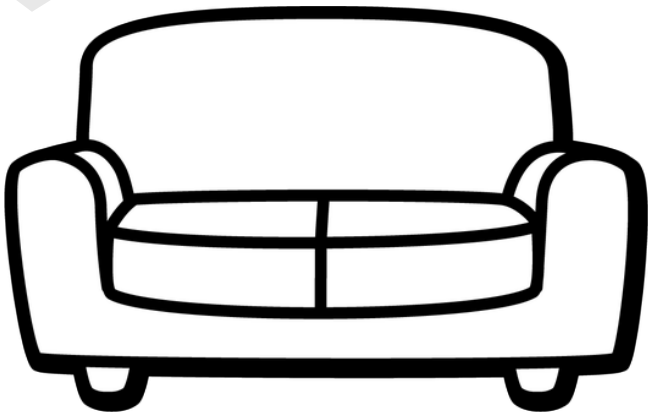
My name _____

Color the letters and the pictures.

# Go to
# the calm corner

PREVIEW



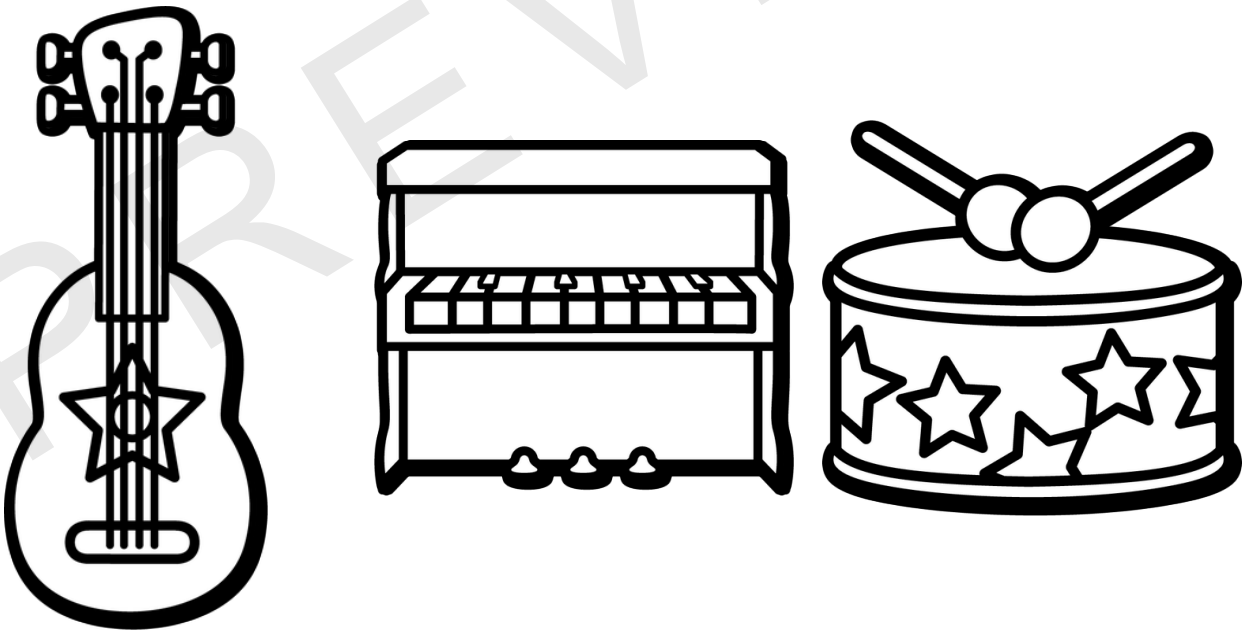


**I go to the calm corner.**

My name _____

Color the letters and the pictures.

# Listen to music



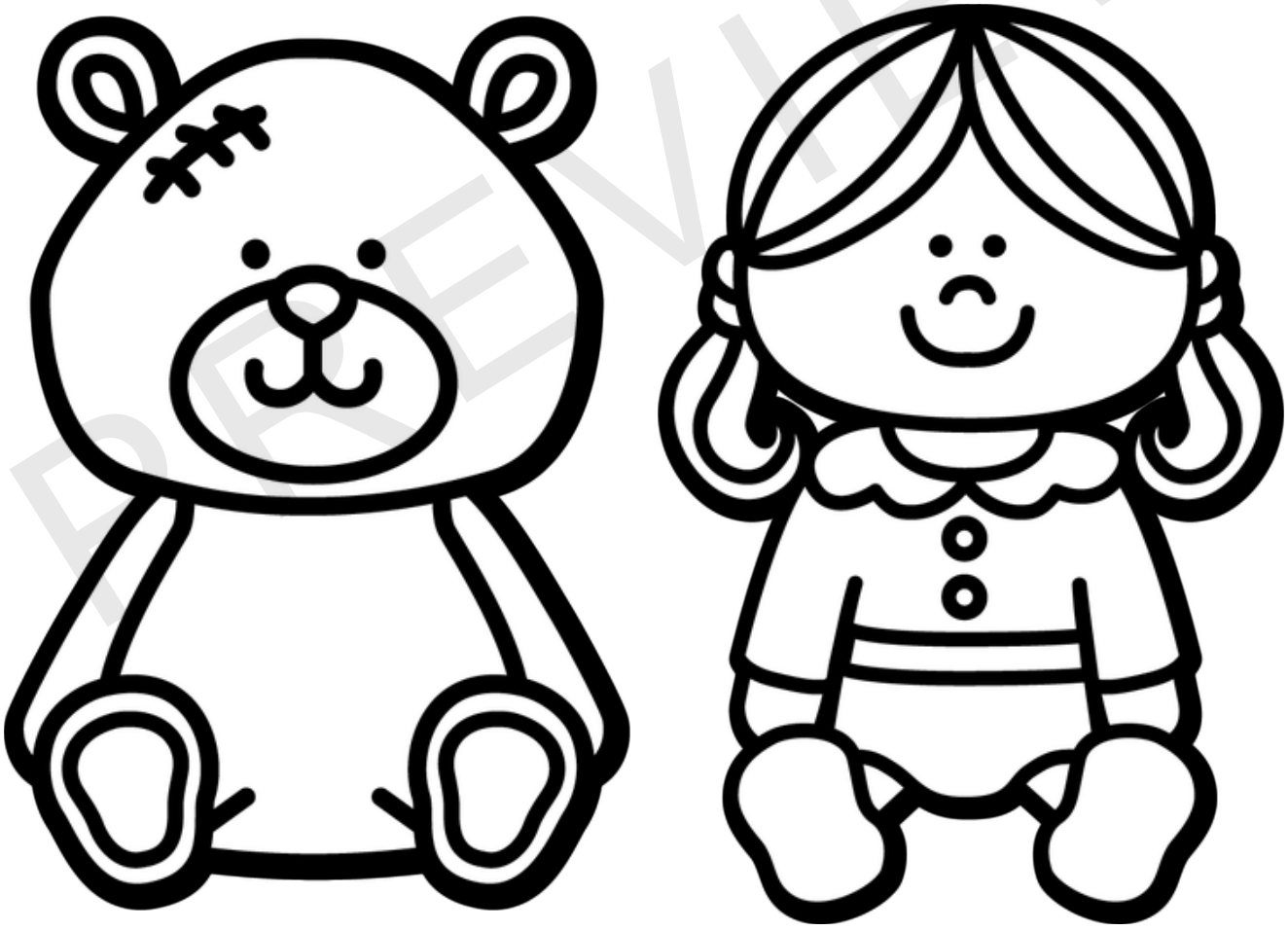
I listen to calm music.

PREVIEW

My name _____

Color the letters and the pictures.

# Hug something soft



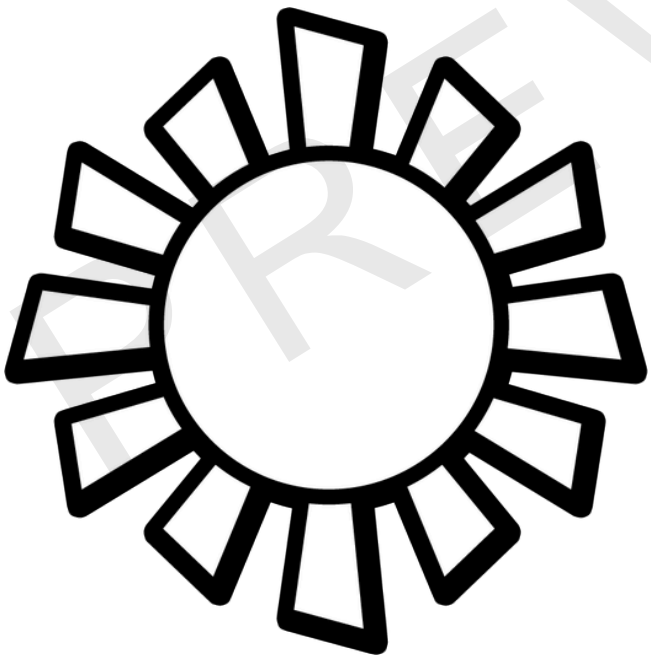
I hug something soft.

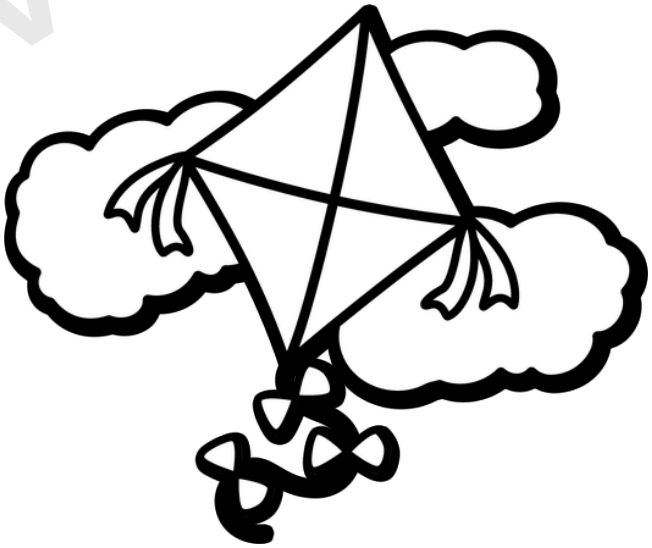
PREVIEW

My name _____

Color the letters and the pictures.

# Go outside



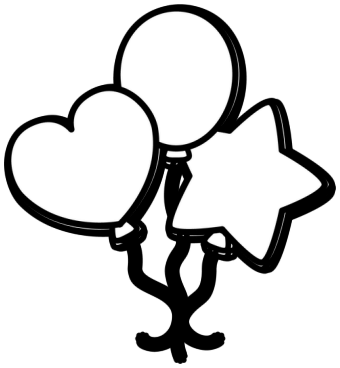


I get some fresh air.

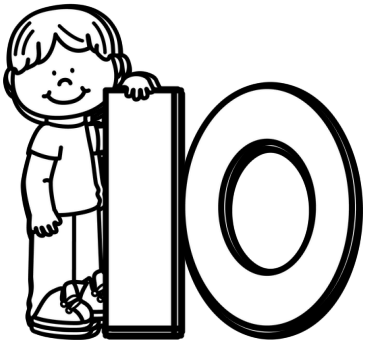
PREVIEW

My name _____

Trace the words. Then write them. Color.



deep breaths



count to 10



calm corner



ask for help

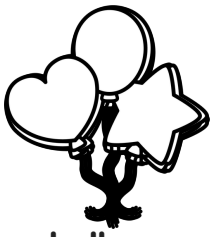
PREVIEW

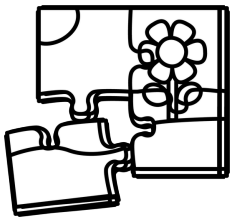
# My name _____

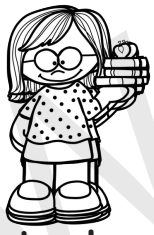
Draw the face. Circle what you will do.

## When I feel mad

I will


balloon


puzzle

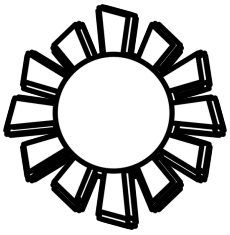

teacher

## When I feel sad

I will

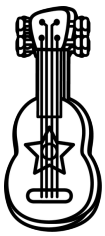

teddy bear

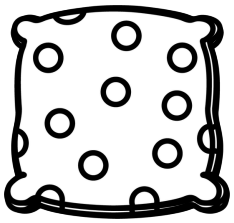

reading

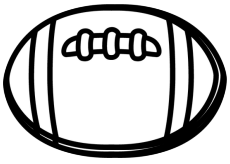

sun

## When I feel worried

I will


guitar

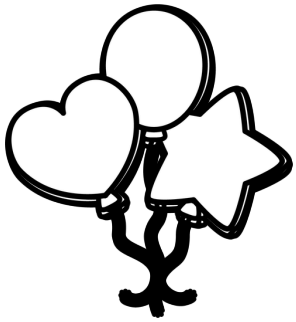

pillow


football

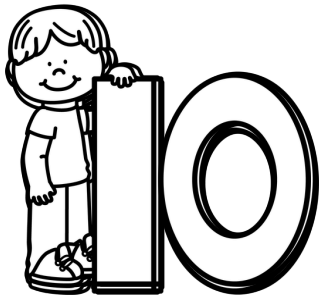
PREVIEW

# My name _____

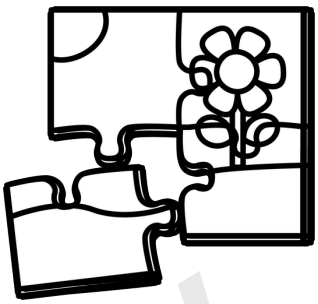
**Color the ones that help you.**



deep breaths



count to 10



do a puzzle



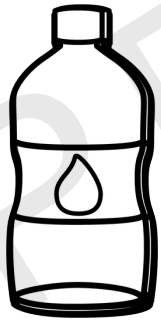
go to the calm corner



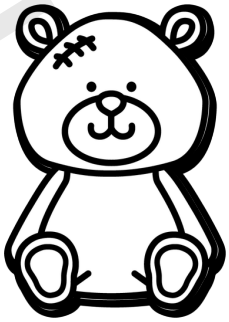
ask for help



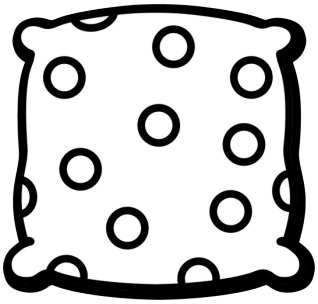
listen to music



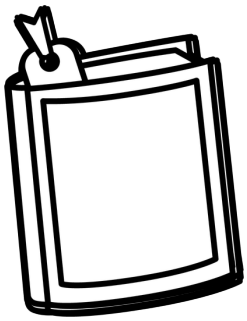
take a drink



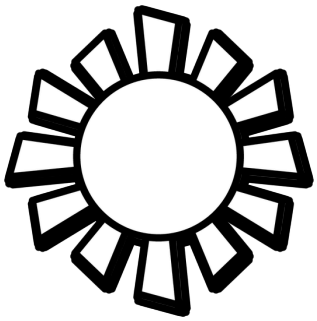
hug something soft



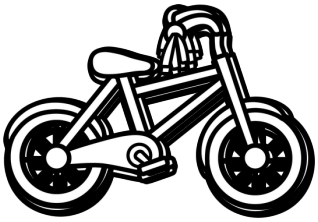
squeeze a pillow



read a book



go outside



move my body

PREVIEW

# Calm-Down Pages at Home

Send this page home with a child, or hand it to a family at a conference.

Student _____ Week of _____

## How to use these pages at home, in three steps

- Give your child a page and a few crayons or markers. Let them choose the colors.
- When the page is done, read the sentence at the bottom together and try the strategy once, side by side.
- Hang the page where your child can see it. A child can point to it and say which one they want.

## Pictures from the pages

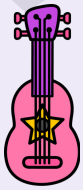

balloon


teddy bear


reading


water bottle


sun


guitar

## Try saying

- "Which strategy do you want to color today?"
- "Which one do you like best?"
- "Show me the picture you colored. What is it?"

Note from the teacher

Note from home

PREVIEW