Feelings and Calm

One playful activity each day • Ages and abilities vary

COMPLETE ONE SMALL CHALLENGE EACH DAY

1 Name how you feel	2 Draw a happy face	3 Take 3 slow breaths
4 Find a cozy spot	5 Name a kind word	6 Make a calm jar
7 Draw a heart	8 Say one thing you like	9 Stretch slowly
10 Notice a quiet sound	11 Make a feeling face	12 Talk about being excited
13 Find a comfort item	14 Count five breaths	15 Listen to calm music
16 Think of a happy memory	17 Draw your safe place	18 Practice asking for help
19 Tell someone thank you	20 Try a five-senses game	21 Say what makes you smile
22 Name an angry feeling	23 Choose a calming tool	24 Draw a peaceful scene
25 Make a kindness card	26 Notice your body	27 Give yourself praise
28 Share a hopeful thought	29 Help a friend feel welcome	30 Celebrate learning feelings

Tick each card as you finish it. Adapt any task to the child's needs.