

Calm-Down Choice Cards

How to Use?

- Print, cut, and keep 6–8 cards on a ring or in a small basket in a quiet corner.
- Teach/practice each card when your child is calm.
- In the moment, name the feeling and offer choice: “Pick one card to try.”
- Let your child lead; model only if needed. Stay nearby and co-regulate.
- When settled, reflect briefly: “Did it help? Want another?”
- Rotate cards as favorites change.

Balloon Breathing

Inhale to puff your belly like a balloon; exhale to let it softly deflate.



HUMMING BEE BREATH

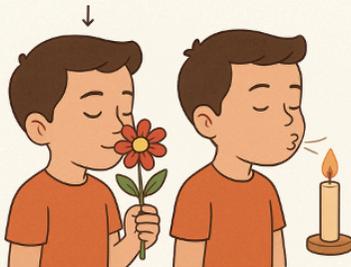
Inhale through your nose; exhale with a soft “mmm” hum (optional ears covered)



Flower & Candle

Smell the flower through your nose; gently blow the candle through your mouth.

Inhale (nose) Exhale (mouth)



Hug Pillow

Hold soft pillow tightly. Take 3 deep breaths.



Calm-Down Choice Cards

Count to 5

Touch each finger as you count 1-5



Draw

Make calm lines and shapes.



Wall Push

Place palms on wall; press gently.
Hold 5 seconds.



Drink Water



Calm-Down Choice Cards

Stretch

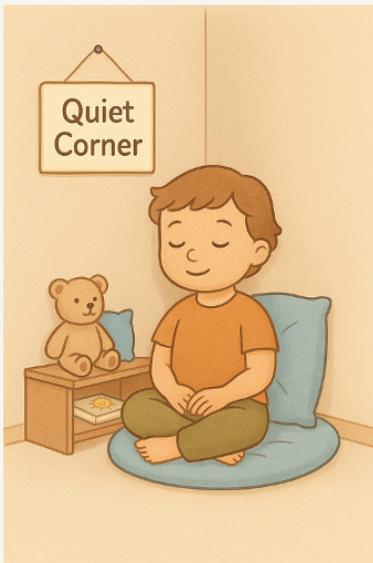


Listen to bell.

Listen for the sound.



Quiet
Corner



SQUARE BREATHING

Inhale 4 · Hold 4 · Exhale 4 · Hold 4



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