



# Calm Down Control Game

Promote Social/Emotional Growth  
Mrs. Bell The Crafty Counselor™

# Printing Directions:

## Posters:

Print page 3-5, Laminate and hang

## Calm Cube:

Print page 6. Cut out entire shape. Fold on solid lines. Glue as directed.

## Desk Resources:

Print Pages 7-12, single sided. Cut on all dotted lines. Laminate as desired.

Page 7: Clothes Pin Check In

Page 8: Break Request Cards

Page 9: Desk Dominos

Page 10: Domino Breathing Visual

Page 11: Break Chart

Page 12: Strategies Self Tracker

**Page 7: Clothes Pin Check In**  
Laminate and have student keep at their desk. Have students assess their emotions and move the clothes pin accordingly. This is a great way for them to self monitor and recognize when they need to take a break and/or calm themselves.



**Page 8: Break Request Cards**  
This is a great tool for helping students express what they need in order to calm down. It allows students to take ownership of their feelings and recognize their ability to regulate their emotions. This is also a great tool for collecting data or tracking student calm down corner use.



**Page 9: Desk Dominos**  
I laminate and use these dominos as a system for my students to let me know they are taking a break. Students can either leave a domino in the corner of their desk letting me know they are utilizing a break time, or they can place the tile on my desk to let me know they are taking a break.



**Page 10: Domino Breathing Visual**  
Laminate and tape to the corner of student's desk for instant reminder. Teach students how to use the diagram so they can utilize it on their own when upset.



**Page 11: Break Chart**  
I give this to students and let them color in the strategies they want to practice or try out the next time they are upset. Laminate for multiple time use.

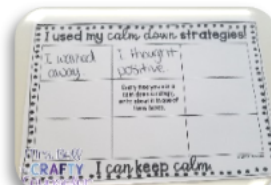


## Dominos Game:

Print Pages 13-28 (single sided), Laminate and cut on all dotted lines to separate each individual card and domino.



**Page 12: Self Tracker**  
Give to students and allow them to self monitor their use of calm down strategies. Every time students utilize one of their calm down strategies, encourage them to write about it in the boxes.





Think Happy Thoughts

Breathe Deep



Take It Easy



Play a Game

Count Down From Ten



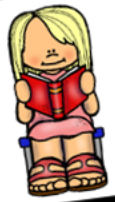
Exercise

Go For a Walk



Calm Self Down

Think it through



Read a Book



When the emotions start to fall, how will you keep calm?



Stomp It Out



Listen To Music

Jumping Jacks



Go Somewhere That Calms You



Push it Out

Get a Drink



Squeeze It Out







Find Your Calm



Chomp On Gum







I am feeling...

	Happy
	Angry
	Sad
	Nervous
	Okay
	Need a Break







©MrsBellTheCraftyCounselor

I am feeling...

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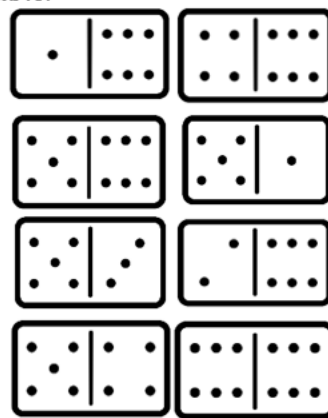
### Step One:

All players get six dominos. Keep the dominos hidden from other players. Leave all other dominos in a pile facing down.



### Step Two:

One domino is turned right side up on the table. Players look at the numbers on the dominos and see if they have any dominos in their hand that matches the dominos on the table.



Any of these dominos would be playable.

The goal is to get rid of all the dominos in your hand by matching them to dominos on the table.

### Step Three:

To start the game, the first player tries to match a domino in their hand with a domino on the table. If they can match a domino, they do and the next person takes a turn. For example, if this domino is on the table,



you would be looking for dominos in your hand that also have a six or a five on them (see examples above). You match the ends and the next person takes a turn. This continues until someone is unable to make a match using the dominos in their hand.

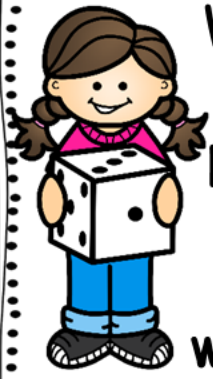


### Step Four:

If they cannot match a domino, they pick a question card.



After answering the question card, they then pick a domino from the pile. If the domino they pick happens to match a domino on the table, they can play the piece. If it is not useable, it is added to their hand and the next player takes a turn. This continues until someone plays their last domino and no longer has any pieces left in their hand.



What is one calming phrase you can tell yourself when upset?



Where do you feel the calmest and safest?

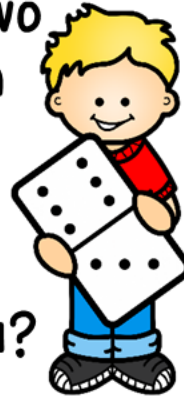


Think of the last time you were angry. How did you handle your anger?

What are three calm down strategies that work well for you?



What are two calm down strategies that do not work well for you?



Where is your calm down spot at school?



Where is your calm down spot at home.



Does thinking happy thoughts help you to find calm?



What do you do to make sure you stay calm?

How do you know you are getting angry?



How does your body let you know that you are getting angry?



What are your anger warning signs?



# Stay Connected:



Mrs. Bell

The Crafty Counselor

# You May Also Like:

## Calm Down Tools No Cut Flipbook



The image shows a flipbook with five pages. The pages are: 1. 'Calm Down Tools prevent losing control' with a drawing of a girl. 2. 'My Triggers' with a drawing of a girl. 3. 'My Anger' with a drawing of a girl. 4. 'Calming Strategies' with a drawing of a girl. 5. 'Taking Control' with a drawing of a girl. 6. 'What Works For Me' with a drawing of a girl. The flipbook is titled 'Mrs. Bell The CRAFTY Counselor'.

Simply print and fold  
By: Mrs. Bell The Crafty Counselor

## ANGER MONSTERS



The image shows a monster design sheet. The monster has a box on its chest with the words 'I feel', 'I see', 'I hear', 'I think', 'I feel', 'I hear', 'I think', 'I feel', 'I hear', 'I think'. The monster is titled 'Mrs. Bell The CRAFTY Counselor'.

Six Different Activity Sheets  
Three Monster Designs

Mrs. Bell  
The Crafty Counselor


## KEEP FROM ERUPTING



The image shows a volcano-shaped flipbook. The volcano is brown with orange lava. The flipbook is titled 'Mrs. Bell The CRAFTY Counselor'. The flipbook has a page that says 'Take Deep Breaths' and a page that says 'She is getting sick and tired of her friend bossing her around. She is about to yell at her. What calm down strategy could she use? How could she keep from erupting?'.

calm down sliders

## Calm Down Control Interactive Book



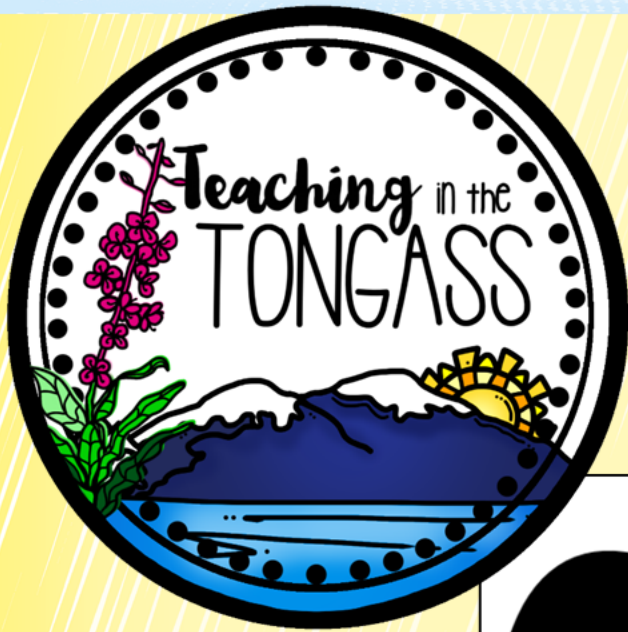
The image shows three pages from an interactive book. The first page is titled 'Boy's Group' and shows four boys. The second page is titled 'My Triggers' and shows a diagram of 'MY SENSES OF ANGER' with 'HEAR', 'SEE', 'SMELL', 'TASTE', 'FEEL', 'THINK'. The third page is titled 'Who Has Control?' and shows a girl and a boy. The book is titled 'Mrs. Bell The CRAFTY Counselor'.

10 Week Boy's Group Curriculum  
Mrs. Bell  
The Crafty Counselor

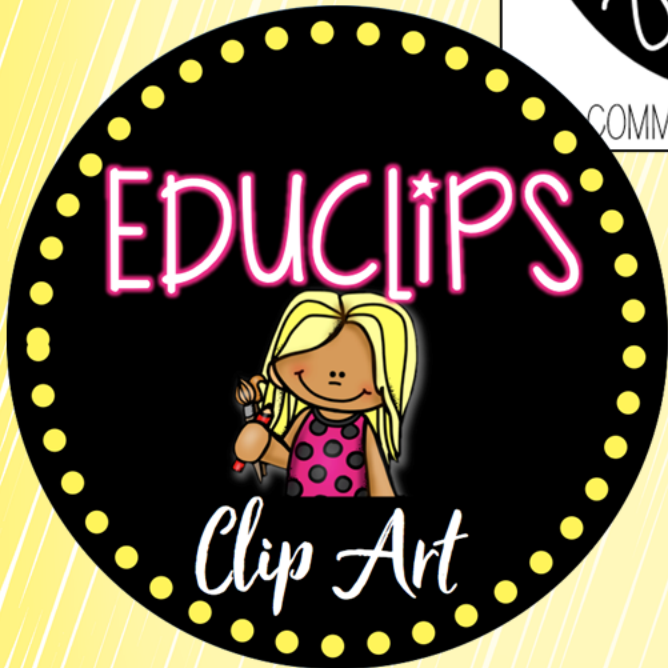
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