

180 CALMING STRATEGY Cards

180 Calming Strategy Cards



SCROLL
to take a look inside!

Mrs. Bell The Crafty Counselor

@Mrs Bell The Crafty Counselor



EMOTIONAL REGULATION COPING SKILLS & CALMING STRATEGIES

- 180 Calming Strategy Cards
- Morning Meeting Prompts
- Interventions & Strategies
- Calming Corners Materials
- Teach Anger Regulation Skills

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Explicitly teach students the strategies needed to become calm and able to self-regulate.

Teach SEL & Life Skills

✓ Emotional Regulation

✓ Anger Management

✓ Coping Skills

✓ Calming Strategies

✓ Interpersonal Skills

✓ and so much more!



HAPPY EDUCATORS SAID:

“ Love how many different options there are. The directions for each is easy to read and understand. Plus the pictures are great for visuals of what to do. — Molly R.

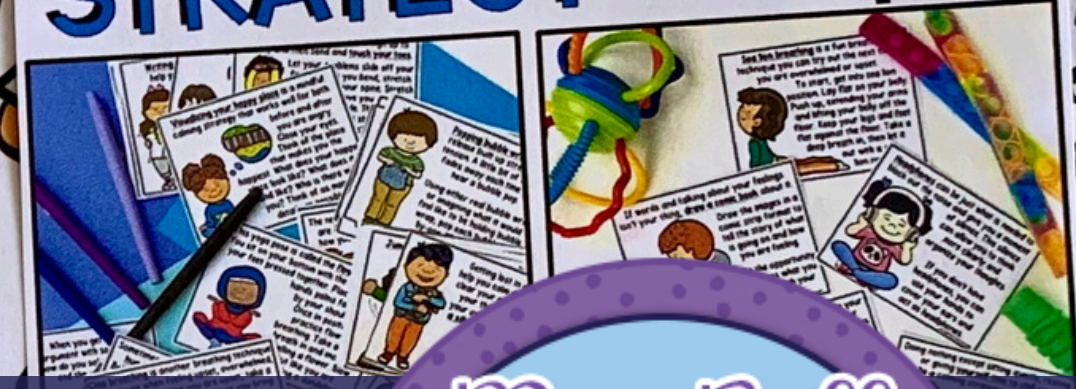


“ Excellent Resource! Exactly what I needed for our calm corner and SEL lessons in our SPED Homeschool. Thank you! — Cynthia H.

“ I truly appreciate this product being created. I loved using this in my class! — G. T.



180 CALMING STRATEGY Scripts



LET'S CONNECT!

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The CRAFTY Counselor



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