

# CALMING STRATEGIES TOOLBOX

## COPING SKILLS ACTIVITIES





# COLORING ACTIVITIES





# TOOLBOX CRAFTIVITY





# TEACHING TOOLS OR POSTERS

What strategies?

How to stay calm and regulate something you use when you're feeling big emotions, to stay calm. Below are examples of strategies that people use to remain calm.



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Want to stay calm and regulate something you use when you're feeling big emotions, to stay calm. Below are examples of strategies that people use to remain calm.

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How do we know to use our calming strategies?  
How does your body feel when you are angry?



How does your body feel when you are angry?  
Clenched Sh...  
Tight Hands...  
Urge to K...  
Stomach...  
Out of Co...  
Crampy/A...  
Feet Stomp...  
Urge to K...  
Want to Ru...  
Uncomfortable...  
Lost or Confuse...  
Feeling Sick...  
Uneasy or Upset

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Count to ten

Get a Drink

Play a song

Write a letter

Jumping Jacks

Sing a song

Storm it out

Talk it out

Self hug

Thoughts

When you are who can you my favorite What is calm Hu

my family

Hug a stuffed animal

- Deep breath
- Count to 10
- Take a break

I talk them out.

Jump  
Jack

Talk  
it  
out

Yell into  
wind

Think  
happy  
thoughts





# TOOLBOX CRAFTIVITY

When you are angry,  
who can you talk to?

my family

What is your favorite  
calming strategy?

Hug a stuffed  
animal

When you feel angry,  
how can you calm  
down?

- Deep breath
- Count to 10
- Take a break

How do you manage  
your emotions?

I talk them  
out.

How do you know when  
you are angry?

What does anger  
feel like?

uneasy,  
feeling

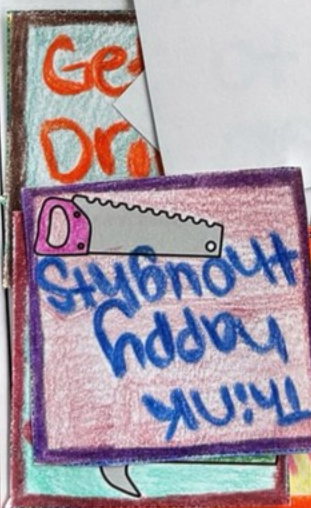
would  
?

down

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When you are angry,  
who can you talk to?

my family

When you feel angry,  
how can you calm  
down?

- Deep breath
- Count to 10
- Take a break

What is your favorite  
calming strategy?

Hug a stuffed  
animal

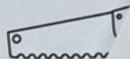
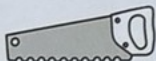
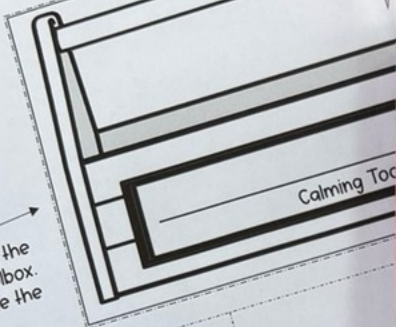
How do you manage  
your emotions?

I talk them  
out.

calming strategy  
st for you on each  
squares below. Cut  
the tool squares.

directions on the  
assembly page to  
assemble your toolbox.

label on this page to the  
your assembled toolbox.  
the calming tools inside the  
toolbox.



Cut on dotted  
line, stop  
cutting once  
you hit solid  
line (creating  
a little  
foldable  
piece)

Toolbox Cut  
toolbox shape  
4. Glue the label

Fold inward

How when  
getting angry?

What does your anger  
look like?

If you

What does anger  
feel like?



angry,  
to?

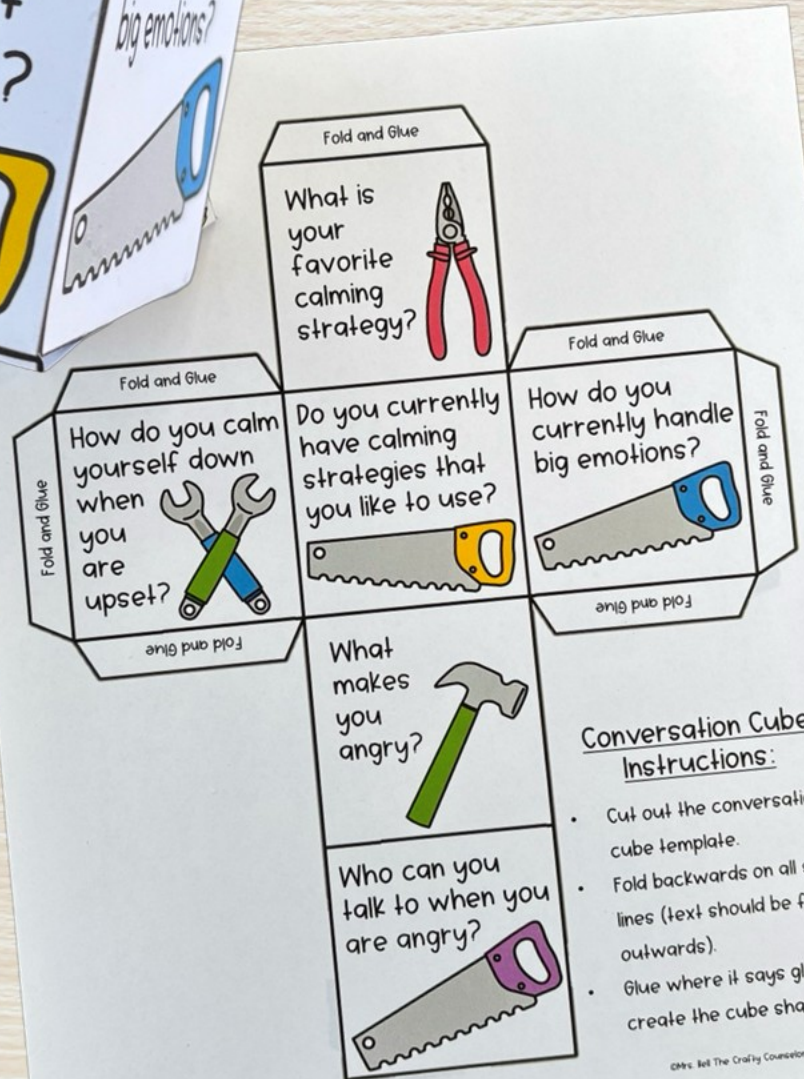
When you are angry,  
how do you calm down?

How do you manage  
your emotions?



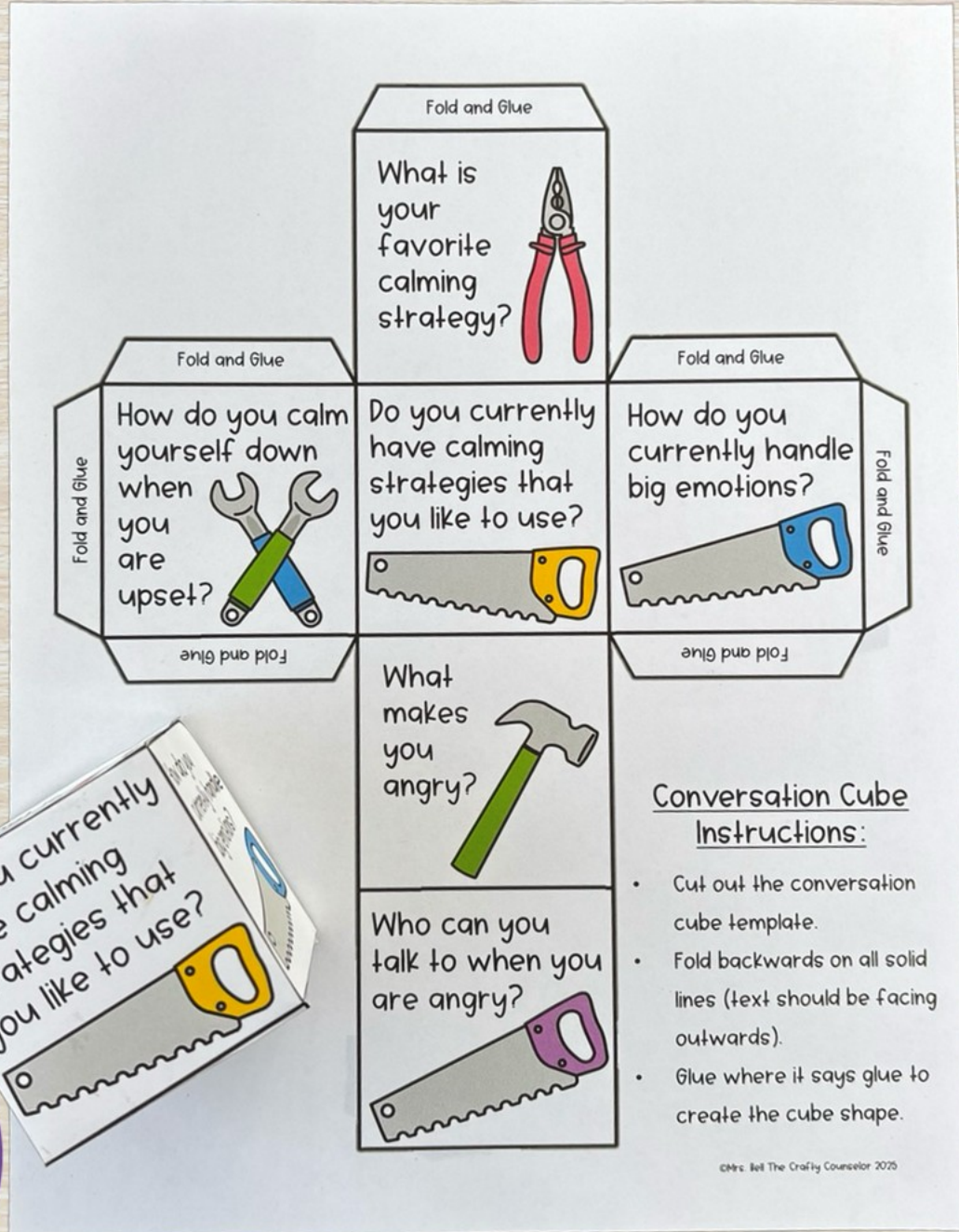


# CONVERSATION CUBE





# CONVERSATION CUBE



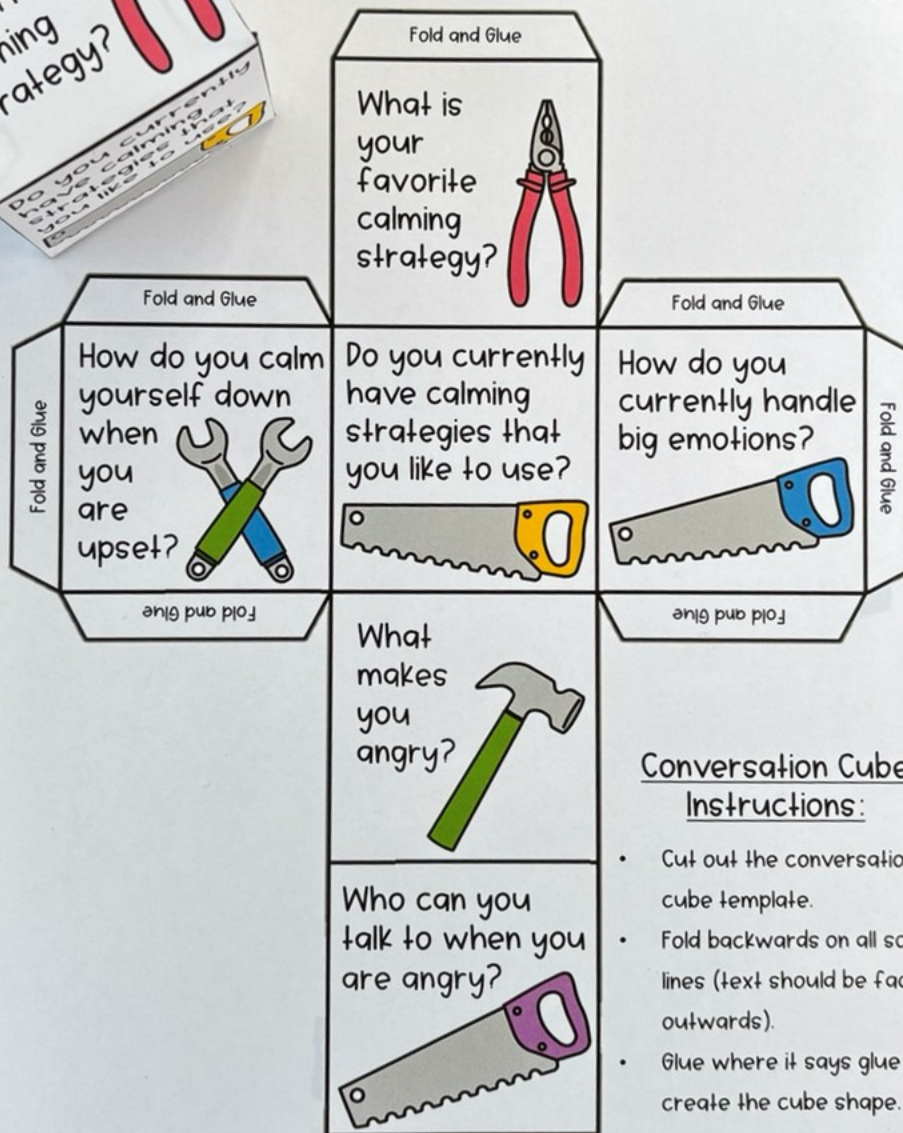


# CONVERSATION CUBE





# CONVERSATION CUBE



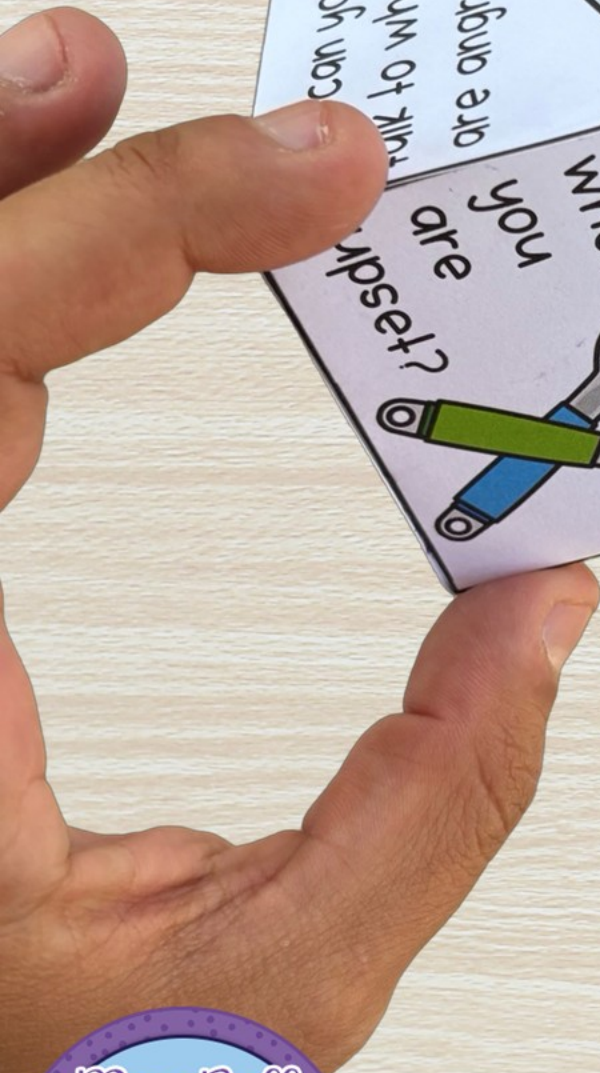
## Conversation Cube Instructions:

- Cut out the conversation cube template.
- Fold backwards on all solid lines (text should be facing outwards).
- Glue where it says glue to create the cube shape.





# CONVERSATION CUBE





# SITUATION CARDS & CALMING TOOLS RESPONSES





# SITUATION CARDS





# ACTIVITY SHEET

Name: Ashley B.

Create a toolbox filled with calming tools of your very own! Add a strategy you find useful to each of the tools below. Decorate each tool using words and pictures. When you are done, you will have created tools complete with your best strategies.





# EXIT TICKETS (RECAP LEARNING)

Name:

What is one thing you  
will do differently  
because of this lesson?

I will try to use  
my new

Calming  
tools.



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# **THANK YOU FOR BEING HERE!**



Hi, I'm Ashley, the face behind Mrs. Bell The Crafty Counselor, and the voice behind From Tears to Talking. I'm an elementary school counselor who loves travel, going to the beach, and all things SEL & emotional regulation.



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**My Email**  
**List!**



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