

# CALM DOWN CARDS



## THANK YOU SO MUCH!

Our mission at GoZen! is providing parents and practitioners with the tools they need to arm kids with essential life skills - not only to manage anxiety, but to live with deeper purpose. We can't do it without your support!

Have any questions or comments about our printable kits? Reach out to [go@gozen.com](mailto:go@gozen.com), we'd love to hear from you.

## YOU MAY ALSO ENJOY :



**Click here to learn more about our New  
Animated Program on Anger Transformation!**

[GoZen.com/anger/](https://GoZen.com/anger/)

# TERMS OF USE

## NEED MORE THAN A SINGLE LICENSE?

- 1) Your kit purchase includes a single license you can use with your family or in your private practice in a counseling session!
- 2) Want to print lots of copies? Please learn more about [extended licenses here](#).

## SHARING MATERIAL

We put a lot of hard work into creating these materials and other resources to help kids thrive. We kindly ask that you do not share, copy, repurpose, resell, or embed these materials into your own. If you have a special need, please email us at [go@gozen.com](mailto:go@gozen.com). We'd love to hear from you. :)

## TRANSLATIONS:

We are working on translations for this kit. We have it [available in Spanish here](#). We will have it available in other languages soon!



***Lie down in nature***



***Go for a climb***



***Feel grateful for one thing***



***Hug a tree***



***Feel the sun on your face***



***Find your jam***



***Draw your feelings***



***Sip some cold water***



***Lie on a cushy rug***



***Give and get a hug***



***Go for a hike***



***Stretch for full minute***



***Do some exercise***



***Get lost in a good book***



***Meditate for a minute***



***Say thanks for good stuff***



***Sip some warm tea***



***Stretch out in grass***



***Challenge your mind***



***Run some steps***



***Build something***



***Look up at the sky***



***Connect with a friend***



***Play a game of ball***



***Splash water on your face***



***Ride a skateboard***



***Smell something good***



***Throw your hands up***



***Flip through good memories***



***Hold something cute***



***Put your legs up***



***Sing like no one is listening***



***Create a warrior cry***



***Push against a wall***



***Pet your pet***



***Give yourself a hug***

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## WRITE IT OUT

WHAT ARE YOU FEELING RIGHT NOW? WHERE ARE YOU FEELING IT?

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WHEN YOU'RE FEELING LIKE THIS, WHAT HELPS YOU?

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REMIND YOURSELF, WHATEVER YOU'RE FEELING IS OKAY. ALL FEELINGS ARE OKAY.

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# 36 WAYS TO FIND MY CALM



**Lie down in nature**



**Go for a climb**



**Feel the sun on your face**



**Find your jam**



**Lie on a cushy rug**



**Give and get a hug**



**Feel grateful for one thing**



**Hug a tree**



**Draw your feelings**



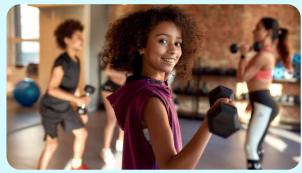
**Sip some cold water**



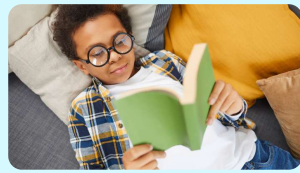
**Go for a hike**



**Stretch for full minute**



**Do some exercise**



**Get lost in a good book**



**Sip some warm tea**



**Stretch out in grass**



**Build something**



**Look up at the sky**



**Meditate for a minute**



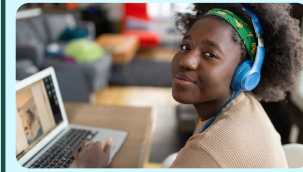
**Say thanks for good stuff**



**Challenge your mind**



**Run some steps**



**Connect with a friend**



**Play a game of ball**



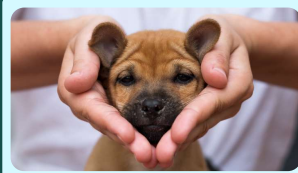
**Splash water on your face**



**Ride a skateboard**



**Flip through good memories**



**Hold something cute**



**Create a warrior cry**



**Push against a wall**



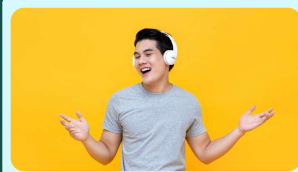
**Smell something good**



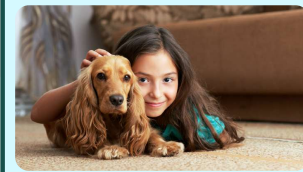
**Throw your hands up**



**Put your legs up**



**Sing like no one is listening**



**Pet your pet**



**Give yourself a hug**