

My Book of Calming Strategies



Clipart purchased at [Edu Clips](https://www.eduplaza.com/)

Thank you so much for downloading this free pack! This pack is just one of a few free resources that I've created to assist children on the autism spectrum disorder. I know that my own daughter benefits greatly from visual aids, so I wanted to create additional resources in hopes that they would help other children.

Check out these packs as well:

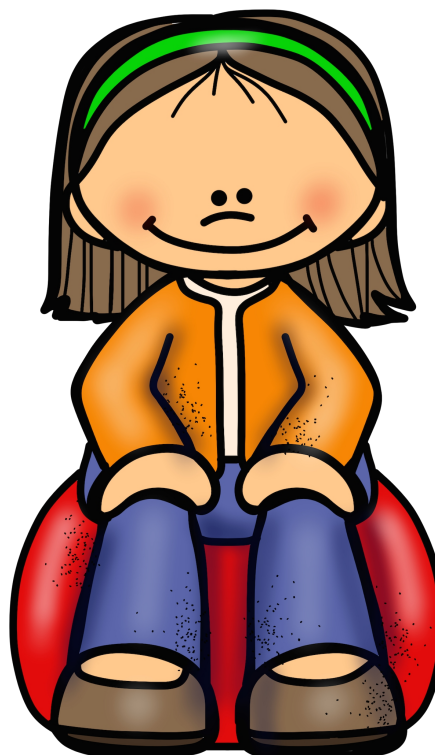
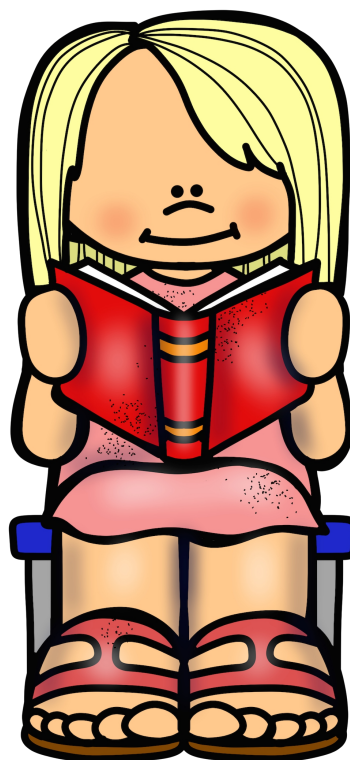
- [My Daily Routine](#)
- [Managing My Feelings](#)
- [My Weekly Chore Chart](#)
- [What to Wear Today?](#)

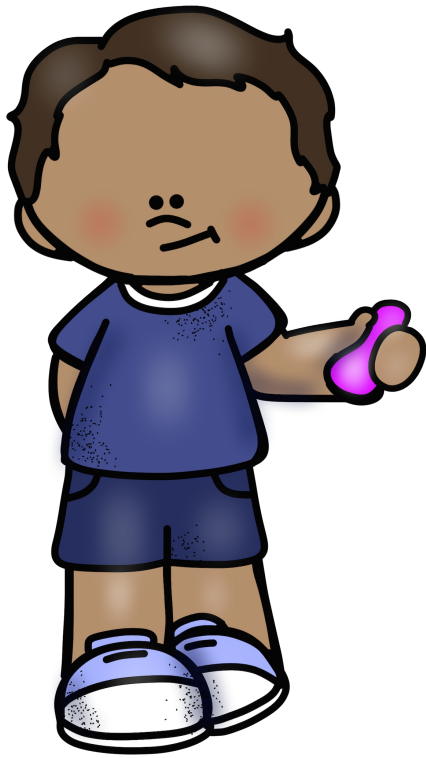
And if you have any suggestions for future packs, please e-mail me: justanothermom.net@gmail.com and I will be happy to see what I can do!

What you get in this pack:

- Calming strategies cards (with and without text)
- Mood cards (angry, frustrated, sad, worried- with and without text)
- What to do when I feel chart (match the strategy with the mood)









TAKE A DEEP BREATH



COUNT FROM 1 TO 10



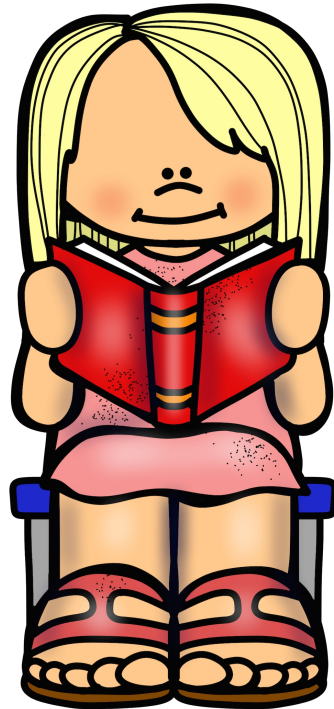
DO EXERCISE



TAKE A DRINK OF WATER



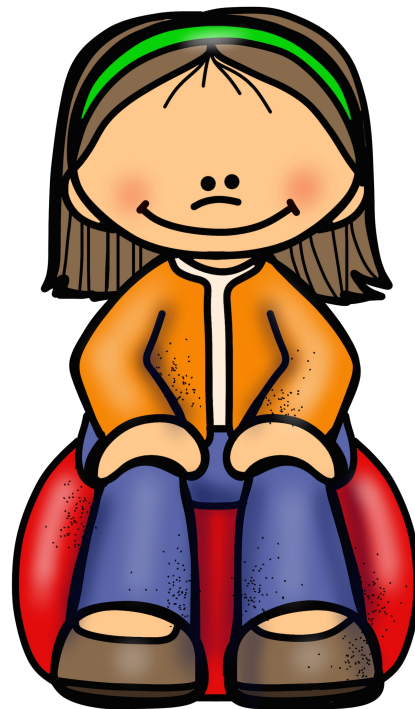
LISTEN TO MUSIC



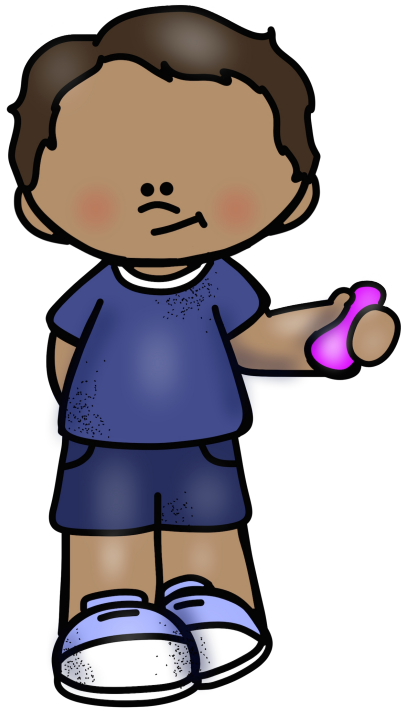
READ A BOOK



RELAX IN A COMFY CHAIR



BOUNCE ON A BALL



CHOOSE A FIDGET TOY



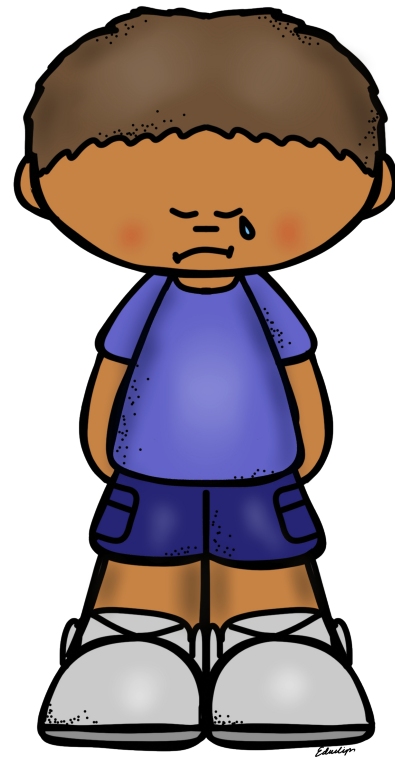
BUILD WITH BLOCKS



TAKE A WALK

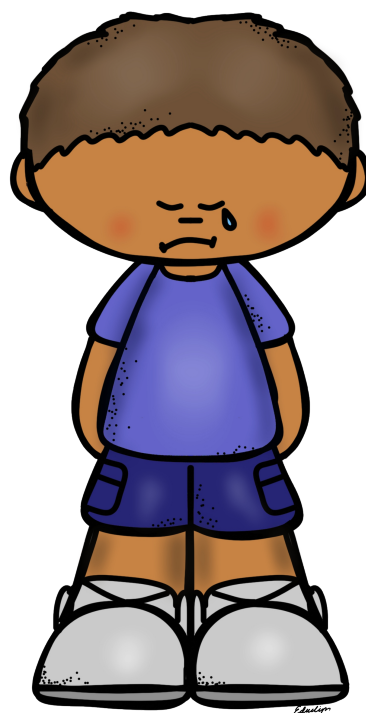


DO YOGA





ANGRY



SAD



WORRIED



FRUSTRATED

WHEN I FEEL...	I CAN...