



How to Use Calm-Down tokens cards

1. Introduce When Calm

Show the card and model the activity.

Deep Breath: Slowly inhale and exhale.

Smell the Flower: Pretend to smell and blow it away.

2. Practice Together

Guide your child 1–2 times.

Use playful language: "Let's take a balloon breath!"

3. Use During Upset Moments

- Gently remind: "Remember our deep breath card?"
- Let your child choose the strategy they want.

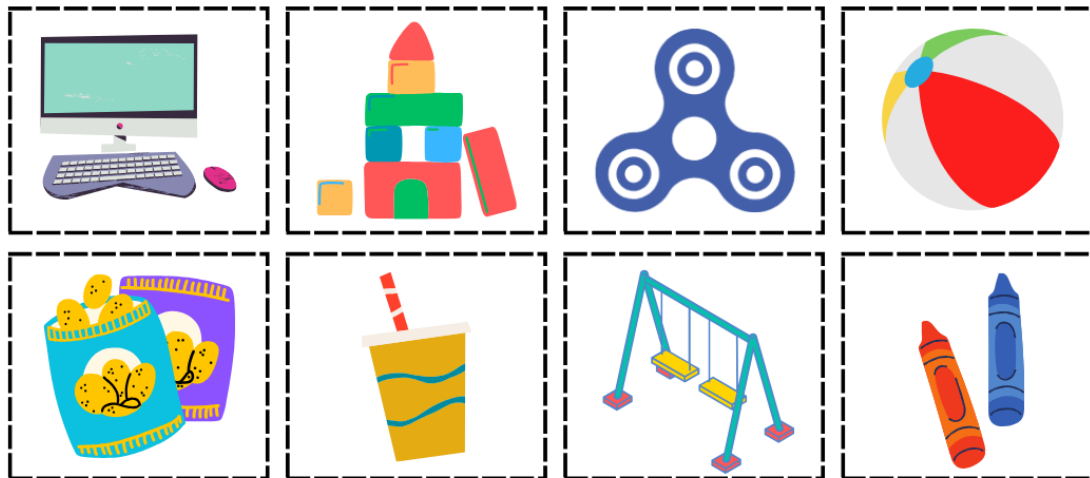
4. Reinforce & Repeat

- Praise efforts: "Great job practicing"
- Practice daily to make it familiar and effective.



Calm Down + Deep Breath practice

On the Way to my choice :				

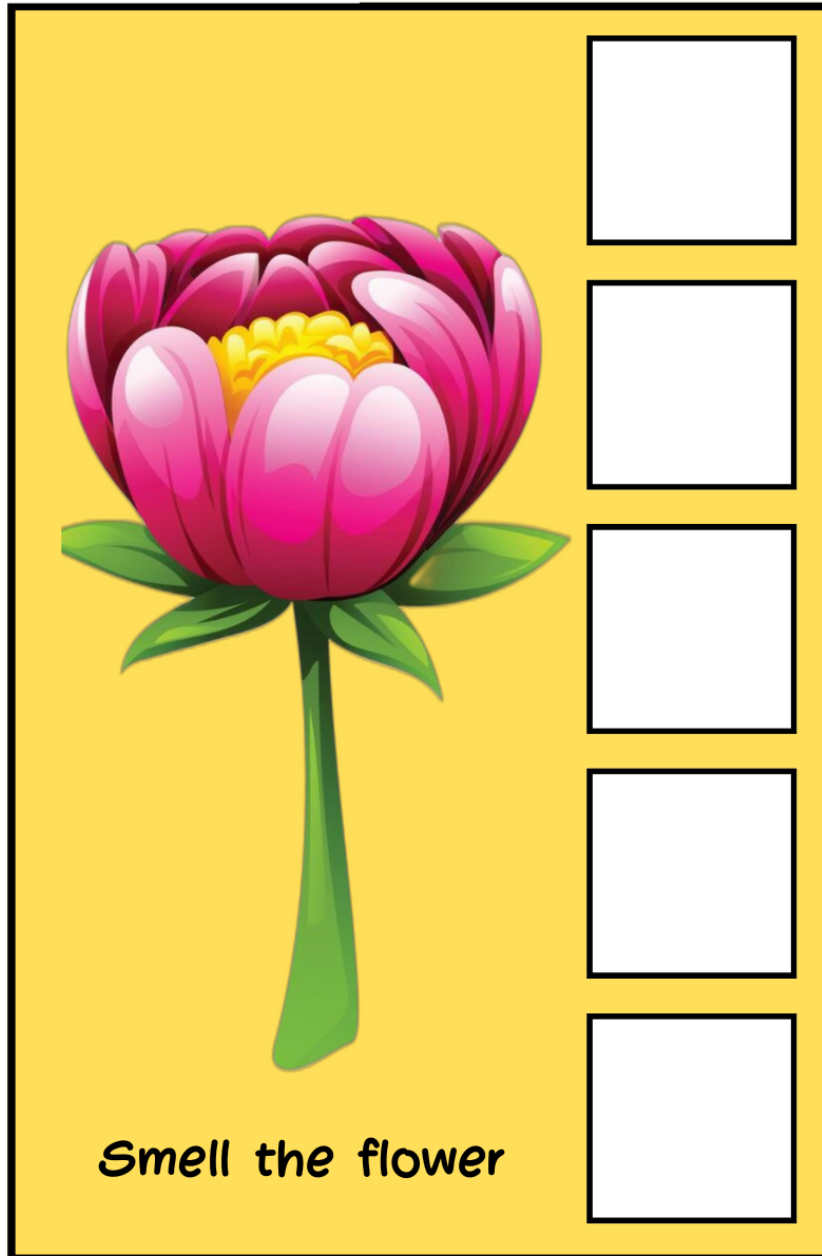


✂ (choice pieces)

✂ (Token pieces)



Smell the flower+Board Pieces



✂ (Token pieces)

