

30 Calm Cards for Kids

**30 POSITIVE
ACTIVITY CARDS**

to help kids
feel better
every day!

Positive Choices • Calm Mind • Happy Heart
Every Day!

EASY TO USE
at home,
school or
on the go!

**BUILD CONFIDENCE
& EMOTIONAL
SKILLS**



2 Breathe
Take deep breaths



10 Move
Get your energy out



18 Mindfulness
Be present



27 Boundaries
Stay safe & respected



30 Self-Care
Take care of you!



**Small Steps Today,
Stronger, Happier Kids Tomorrow!**

CARD 1

Finger Breathing



Take a
breath.
You've
got this!

- 1 Breathe **in** slowly as you trace up a finger.
- 2 Breathe **out** slowly as you trace down a finger.
- 3 Repeat with all five fingers.

BEST FOR



Anxiety



Worry



Frustration



Stress

Little Calm Club™

CARD 2

Balloon Belly



1 Breathe **in** slowly and fill your belly like a balloon.

2 Breathe **out** slowly and let the air out.

3 Do this a few times and feel your body relax.

BEST FOR:



Anxiety



Worry



Frustration



Stress

Little Calm Club™

CARD 3

5-4-3-2-1 Grounding

Use your 5 senses to come back to the present. ♥



1 Name 5 things you can see.



2 Name 4 things you can touch.



3 Name 3 things you can hear.



4 Name 2 things you can smell.



5 Name 1 thing you can taste.



BEST FOR:



Anxiety



Overwhelm



Panic



Worry



Stress

Little Calm Club™

CARD 4

Starfish Calm

Breathe slowly and take your time!



1 Open one hand wide like a starfish.



2 Use your other hand to trace each finger slowly.



3 Breathe in as you trace up, breathe out as you trace down.



BEST FOR:

Anxiety

Stress

Worry

Overwhelm

Little Calm Club™

CARD 5

I Spy Calm

Look
around, take
a breath, and
notice good
things!



- 1 Find something
blue.

Take a moment
to really see it.



- 2 Find something
soft.

Notice how it
feels or looks.



- 3 Find something
that makes
you smile.

Let it fill your
heart with
happy feelings.



BEST FOR:



Anxiety



Worry



Overwhelm



Stress

Little Calm Club™

CARD 6

Rainbow Breaths

Breathe
in colors,
breathe out
worries.



- 1 Imagine a beautiful **rainbow** in front of you.



- 2 Breathe **in** slowly as you trace **up** the rainbow.



- 3 Breathe **out** slowly as you trace **down** the rainbow.



Repeat a few times and feel your body become calm and light.

BEST FOR:



Stress



Anxiety



Sadness



Frustration

Little Calm Club™

CARD 7

Balloon Breathing

Breathe deep,
let it out,
and feel better!

Fill your balloon, then
let your worries go. ♥



- 1 Pretend you have a balloon in front of you.



- 2 Breathe in slowly through your nose to fill your balloon.



- 3 Breathe out slowly through your mouth to let the air out of your balloon.



Do this a few times.
Feel your body relax
more each time.

BEST FOR:

Anxiety

Stress

Worry

Overwhelm

Little Calm Club™

CARD 8

Hug Yourself

A warm hug can help your heart feel calm.



- 1** Cross your arms over your chest.

Give yourself a big hug.



- 2** Take a slow deep breath in.

Feel your body getting calm.



- 3** Breathe out slowly.

Let go of the stress and feel at peace.



You can do this anytime, anywhere. You are always there for you! ♥

BEST FOR:



Anxiety



Stress



Sadness



Overwhelm

Little Calm Club™

CARD 9

Square Breathing

Breathing in a square can help your mind feel calm and steady.

Breathe in, hold, breathe out, and relax. ♥



1 Breathe in slowly for 4 counts.



2 Hold your breath for 4 counts.



3 Breathe out slowly for 4 counts.



4 Hold your breath for 4 counts.



Repeat as many times as you need. You've got this! ♥

BEST FOR:

Anxiety

Stress

Worry

Overwhelm

Little Calm Club™

CARD 10

Belly Breathing

Deep belly breaths can help your body relax and your mind feel peaceful.

Breathe deep into your belly to feel calm and in control.

Breathe in calm...
Breathe out tension.

- 1 Sit comfortably and place one hand on your belly.



- 2 Breathe in slowly through your nose for 4 counts.



- 3 Feel your belly rise as you fill it with air.



- 4 Breathe out slowly through your mouth for 4 counts.



- 5 Repeat 4-5 times or until you feel calm.



You can do this anytime, anywhere!

BEST FOR:

Anxiety

Stress

Overwhelm

Big Feelings

Little Calm Club™

CARD 11

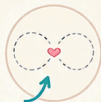
Lazy 8 Breathing

Make a lazy 8 with your breath to feel calm and focused.

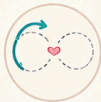
Trace a sideways 8 in the air using your finger as you breathe.



1 Start in the middle of your lazy 8.



2 Breathe in as you trace up and around the left side.



3 Breathe out as you cross through the middle and down the right side.



4 Breathe in as you go up and around the right side.



5 Breathe out as you cross through the middle and down the left side.



Go slow and smooth.
Repeat for a few minutes
or until you feel calm.

BEST FOR:

Anxiety

Overwhelm

Stress

Focus

Big Feelings

Little Calm Club™

CARD 12

Bedtime Breathing

Slow, calm breaths can help your body and mind get ready for a good night's sleep.

Breathe in calm.
Breathe out worries. ♥



Try this every night to help you relax and sleep better.

1 Breathe in slowly for 4 counts.



2 Hold your breath gently for 4 counts.



3 Breathe out slowly for 6 counts.



4 Rest for a moment before starting again.



5 Repeat 4 times or until you feel calm and ready for sleep.



♥ You did great today. Now it's time to rest. ♥

BEST FOR:

♥
Trouble Sleeping

☾
Bedtime Routines

★
Overwhelm

♥
Stress

☁
Busy Minds

CARD 13

Rainbow Breathing

Following colors can help your mind slow down and your body relax.

Use the colors of the rainbow to breathe, relax, and feel better. ♥



Go at your own pace. Move from one color to the next. ♥

1 Red - Breathe in slowly.



2 Orange - Hold your breath.



3 Yellow - Breathe out slowly.



4 Green - Hold your breath.



5 Blue - Breathe in slowly.



6 Indigo - Hold your breath.



7 Violet - Breathe out slowly.



BEST FOR:



Anxiety



Stress



Worry



Big Feelings



Focus



Bedtime

Little Calm Club™

CARD 14

Flower Breathing

Imagine you have a beautiful flower. Smell it as you breathe in and blow as you breathe out.

Breathe in the good.
Breathe out what you don't need.

Smell the flower as you breathe in.

Blow gently as you breathe out.

1 Pretend you have a beautiful flower in front of you.



2 Breathe in slowly through your nose and smell the flower.



3 Hold your breath for 2 seconds.



4 Blow out gently through your mouth like you're blowing the petals.



5 Repeat 3-5 times or until you feel calm and happy.



You can do this anytime you need a little calm and joy.

BEST FOR:

Anxiety

Stress

Worry

Big Feelings

Focus

Little Calm Club™

CARD 15

Star Breathing

Shine like a star! This breath can help you feel calm, confident, and ready for anything.

Trace the star with your finger as you breathe in and out.



Go at your own pace. Repeat whenever you need a little extra calm.

1 Start at the bottom point. Breathe in as you slide your finger up to the top point.



2 Breathe out as you slide down the next point.



3 Breathe in as you slide to the next point.



4 Breathe out as you slide down to the next point.



5 Breathe in as you slide to the next point.



6 Breathe out as you slide down to the bottom point.



7 Repeat 3-5 times or until you feel calm and ready.



BEST FOR:



Anxiety



Stress



Worry



Big Feelings



Focus



Bedtime

Little Calm Club™



CARD 16



Butterfly Breathing

Spread your wings and take slow, gentle breaths to feel calm and peaceful.

Imagine you are a butterfly.
Breathe in calm. Breathe out worries. ♥



- 1 Sit comfortably and place your hands over your heart.



- 2 Breathe in slowly as you open your butterfly wings wide.



- 3 Hold your breath for a moment and enjoy the stillness.



- 4 Breathe out slowly as you close your wings and let go of worries.



- 5 Rest for a moment with your wings closed.



- 6 Repeat 3–5 times or until you feel calm and relaxed.



Take your time.
Breathe slowly and gently.
You've got this! ♥

BEST FOR:



Anxiety



Stress



Overwhelm



Big Feelings



Focus



Bedtime

Little Calm Club™

CARD 17

Airplane Breathing

Pretend you are flying in an airplane. This breath helps you soar above stress and feel calm and strong.

Breathe in lift. Breathe out let go.

You've got this! ♥

Take off!

- 1 Take off – Sit up tall and get ready.



Up, up, up!

- 2 Breathe in slowly through your nose as you raise your arms up like wings.



- 3 Breathe out slowly through your mouth as you lower your arms like you're gliding down.



- 4 Rest your hands in your lap and take a normal breath.



- 5 Repeat 3–5 times or until you feel calm and ready.



Land and rest.

Glide and let go!

You are the pilot of your feelings. Breathe, focus, and enjoy the flight. ♥

BEST FOR:



Anxiety



Stress



Overwhelm



Big Feelings



Focus



Bedtime

Little Calm Club™

CARD 18

Balloon Breathing

Imagine you have a balloon in your hands. This breath helps you feel light, calm, and happy inside.

Breathe in happiness.
Breathe out worries. ♥



♥ Use your imagination. The bigger your balloon, the more calm and happy you can feel! ♥

1 Pretend you have a deflated balloon in your hands.



2 Breathe in slowly through your nose as you "blow up" your balloon.



3 Hold your breath for a moment and feel your balloon full of air.



4 Breathe out slowly through your mouth as you let the air out of your balloon.



5 Watch your balloon get smaller and smaller.



6 Repeat 3-5 times or until you feel calm and relaxed.



BEST FOR:



Anxiety



Stress



Overwhelm



Big Feelings



Focus



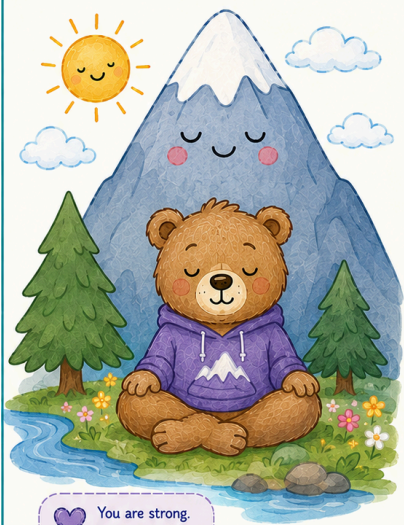
Bedtime

Little Calm Club™

Mountain Breathing

Mountains do not rush. They stand tall and take slow, steady breaths. You can too.

Be strong like a mountain.
Breathe in courage. Breathe out tension. ♥



♥ You are strong.
You are steady.
You can handle anything.

1 Sit tall like a mountain base. Hands on your knees.



2 Breathe **in** slowly as you imagine growing up the mountain.



3 Hold your breath at the top. You are strong and steady.



4 Breathe **out** slowly as you come back down the other side.



5 Rest for a moment at the bottom.



6 Repeat 3-5 times or until you feel calm and centered.



BEST FOR:



CARD 20

Forest Breathing

The forest is full of life and calm. Breathe like the trees... steady, quiet, and strong.

You are part of nature.
Breathe in peace, breathe out stress. ♥



♥ Like the forest, you can grow strong and stay calm, no matter what. ♥

BEST FOR:



Stress



Overwhelm



Focus



Big Feelings



Self-Regulation



Bedtime

Little Calm Club

- 1 Place your hands on your belly.



- 2 Breathe in slowly through your nose as you imagine the fresh forest air filling you up.



- 3 Hold your breath for a moment and think of a strong, tall tree.



- 4 Breathe out slowly through your mouth like the wind blowing through the trees.



- 5 Let your shoulders drop and feel your body relax.



- 6 Repeat 3-5 times or until you feel calm and refreshed.



CARD 21



Ocean Breathing

The ocean moves in waves.
Breathe in calm.
Breathe out what you don't need.



Ride the waves of your breath.
You are enough, just as you are. ♥



You are like the ocean—
deep, strong,
and beautiful.



- 1** Get comfy and close your eyes if you want.



- 2** Breathe in slowly like a wave coming in.



- 3** Hold your breath for a moment at the top.



- 4** Breathe out slowly like the wave rolling back.



- 5** Rest for a moment in the calm water.



- 6** Repeat 3–5 times or until you feel calm and peaceful.



BEST FOR:



Overwhelm



Anxiety



Emotions



Self-Compassion



Calming Down



Focus

Little Calm Club

CARD 22

Gratitude Pause

Practicing gratitude helps your mind feel happier and your heart feel lighter.

Take a moment to notice the **good things** in your day. ♥

1 Sit somewhere comfortable and take a deep breath.



2 Think of three things that went well today.



3 Write or draw them in a list.



4 Feel the good feelings in your heart.



5 Say "thank you" in your mind for each one.



6 Carry this feeling with you into the rest of your day.



♥ Gratitude turns ordinary moments into extraordinary memories. ★

BEST FOR:



Happiness



Positivity



Self-Awareness



Emotional Well-Being



Resilience



Mindfulness

Little Calm Club

CARD 23

Movement Break

Moving your body helps release stress and gives you energy. Have fun and be kind to yourself!

Move your body. Shake out worry.
Feel better, inside and out.

1 Stretch your arms up high and take a big reach.



2 Roll your shoulders back and forward slowly.



3 Shake your hands and wiggle your fingers.



4 Do a silly dance or jump around for a minute!



5 Take a slow breath and notice how your body feels now.



6 Smile! You took a great care of yourself today.



Every little movement counts. Celebrate what your body can do!

BEST FOR:



Energy



Stress Relief



Mood Boost



Body Awareness



Focus



Restless Moments

Little Calm Club

CARD 24

Bedtime Wind Down

A calm ending helps your mind and body get ready for a good night's sleep.

Slow down, relax,
and get ready to rest.
Tomorrow is a new day! ♥



A peaceful night leads to a happier, brighter you. ★

- 1 Dim the lights and create a calm space.



- 2 Put away screens and take a break from gadgets.



- 3 Do something quiet you enjoy, like reading.



- 4 Think of something good that happened today.



- 5 Take a few deep breaths and let your body relax.



- 6 Say goodnight to yourself and get cozy.



BEST FOR:



Better Sleep



Calm Mind



Positive Thinking



Self-Care



Emotional Balance




Healthy Routine

Little Calm Club

CARD 25

Kindness Boost

Being kind to others makes the world better—and makes you feel good too.

Small acts of kindness create big smiles. 

1 Give a genuine compliment.



2 Help someone with a small task.



3 Say "thank you" and mean it.



4 Share something kind or helpful.




5 Include others and be a good friend.



6 Do one act of kindness every day.



Kindness is contagious—let's spread it everywhere! 

BEST FOR:



Happy Heart



Positive Mood



Stronger Connections



Better Relationships



Self-Esteem



A Better World

Little Calm Club

CARD 26

Nature Reset

Spending time in nature helps clear your mind, boost your mood, and remind you what really matters.

Step outside. Take a breath.
Notice. Appreciate. Reset. ♥

1 Go outside or look out a window.



2 Notice five things you can see.



3 Listen for three sounds around you.



4 Feel the ground beneath your feet.



5 Take a deep breath of fresh air and let it out slowly.



6 Take a moment to appreciate this moment.



Nature has a way of putting everything in perspective.

FRESH AIR
HAPPY MIND

BEST FOR:



Stress Relief



Mood Lift



Focus



Mental Clarity



Gratitude



Connection

Little Calm Club

CARD 27

Healthy Boundaries

It's okay to say no. It's okay to take care of your needs. You matter.

Boundaries help you

feel safe, respected, and in control. ♥



Healthy boundaries help your relationships and protect your peace. ★

- 1 Know what feels good and what doesn't.



- 2 It's okay to say "no" or "I need some time."



- 3 Respect others' boundaries too.



- 4 Spend time with people who treat you well.



- 5 Take breaks when you feel overwhelmed.



- 6 You have the right to protect your peace and energy.



BEST FOR:



Self-Respect



Confidence



Emotional Safety



Stronger Relationships



Inner Peace



Personal Growth

Little Calm Club

CARD 28

Gratitude Practice

Gratitude helps you feel happier, more positive, and more connected every day.

Noticing the good in your life helps your mind and heart grow. ♥



A grateful heart notices the little things that make a big difference. ★

1 Write down three things you are grateful for.



2 Thank someone who means something to you.



3 Notice something small that made you smile.



4 Look for good things, even on hard days.



5 Share something good that happened today.



6 End your day by thinking of one thing you loved.



BEST FOR:



Happiness



Positive Thinking



Better Relationships



Resilience



Emotional Well-Being



Mindfulness

♥ Little Calm Club ♥

CARD 29

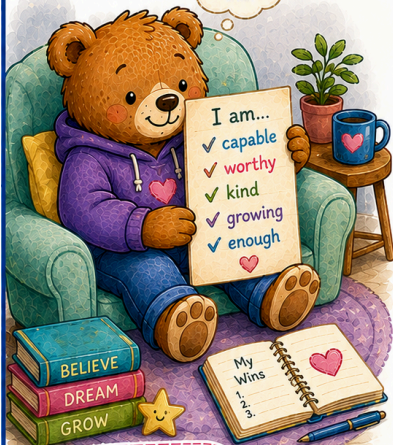
Positive Self-Talk

Be kind
to your mind—
you're listening!

The way you
talk to yourself
matters. Choose
words that build
you up!

Positive self-talk helps you
**believe in yourself and
handle anything.** ♥

I've got
this!



You are your
biggest cheerleader.
Cheer for YOU!

1 Notice negative
thoughts.



2 Pause and take
a deep breath.



3 Replace it with a
kind and helpful
thought.



4 Repeat your
positive thought
out loud or in
your mind.



5 Celebrate small
wins and
progress.



6 Be patient and
keep practicing
every day.



BEST FOR:



Self-Confidence



Emotional
Resilience



Mental
Strength



Optimism



Motivation



Personal
Growth

♥ Little Calm Club ♥

CARD 30

Self-Care Every Day

Taking care of yourself helps you show up as your best self!

You can't pour from an empty cup. Take care of you, so you can shine too!

Small acts of self-care help you **feel better, recharge,** and **handle life with more ease.**

1 Get enough sleep and rest your body.



2 Eat nourishing foods and drink water.



3 Move your body in a way that feels good.



4 Take breaks and do things you enjoy.



5 Spend time with people who lift you up.



6 Be kind to yourself. You're doing amazing.



Daily reminder:
 ✓ I am enough
 ✓ I am doing my best
 ✓ I deserve care too

Self-care isn't selfish—it's how you refill your heart so you can keep going!

BEST FOR:



Less Stress



More Energy



Better Mood



Mind & Body Balance



Emotional Well-Being



Inner Happiness

Little Calm Club