



I c a n t a k e t i m e t o
CALM DOWN

Calm-Down Strategies Toolkit
Helping Children Handle Big Emotions Gently



one
jump
at a
time

stop

think

breathe

Designed With Love by

Chichi Dagogo-Wariso

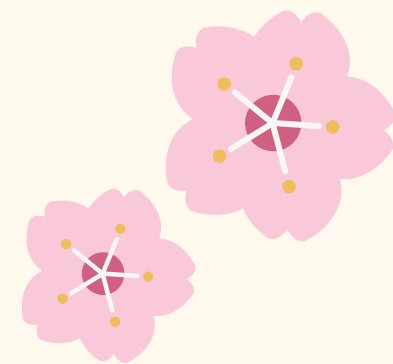
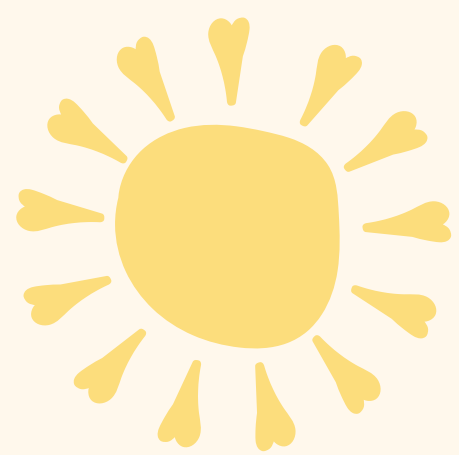
Parent Coach & Founder of BlossomsKorner

I NEED TO Calm Down



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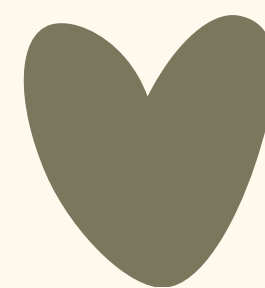
This Book Belongs To:



MY VERY OWN Calm-Down Strategies Toolkit

WHAT'S INSIDE?

5 Gentle Calm-Down
Strategies



Printable Feelings Check-
In Chart



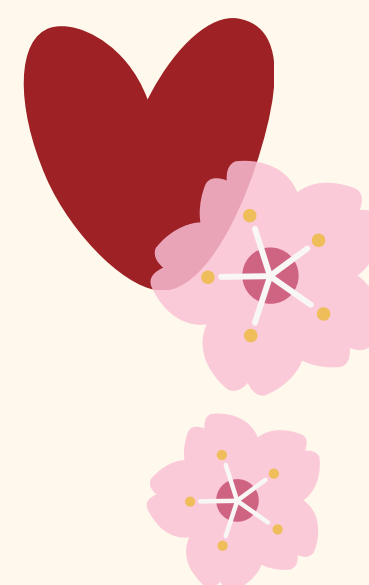
My Calm Corner Poster



Color-Me Calm Activity
Page



Helpful Phrases to Use in
Emotional Moments



1. Breathing Exercises



BLOSSOMS KORNER

3 BREATHING TECHNIQUES FOR KIDS

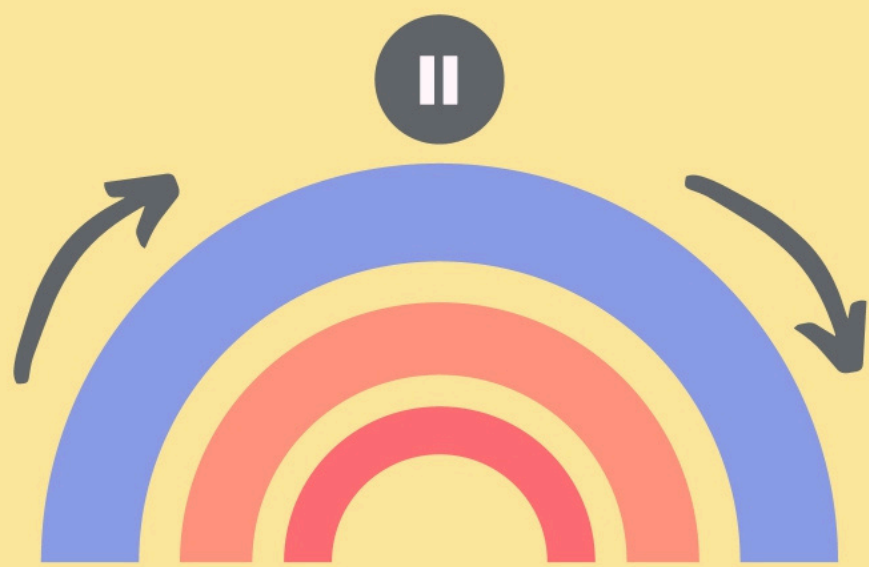
BUMBLEBEE BREATH

Lightly place a finger in each ear. Take a deep breath in through your nose, and hum softly like a bee as you breathe out.



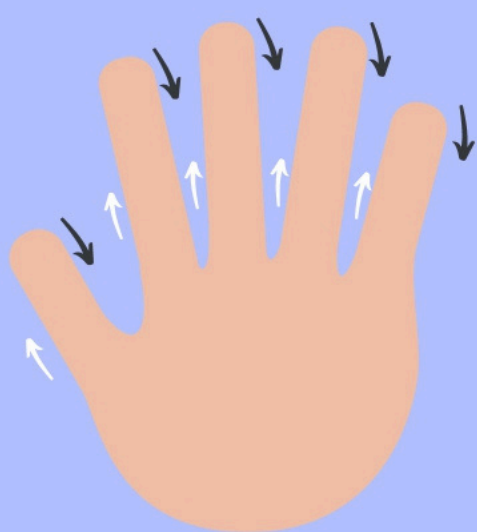
RAINBOW BREATHING

Take a deep breath in as you follow the arc to the top, pause, then exhale as you follow the arc to the bottom. Repeat with each color.



5 - FINGER BREATHING

Trace each finger with your pointer finger. Take a deep breath in as you go up each finger and exhale as you go down each finger.



BALLOON BREATHING BRAIN BREAK



Think of your belly as a balloon

INHALE

Place your hands on your belly and breathe in slowly through your nose. Feel your belly, abdomen and chest expanding out like a balloon. Hold your breath for 2 seconds

EXHALE

Open your mouth and slowly blow all the air out of your lungs, as if deflating your imaginary balloon. Repeat this exercise five times or until you are calm

2. Hug a Comfort Toy

Let your child choose a “calming buddy” — a soft toy they can squeeze when upset.

How to use:

“Would you like to hold your calm buddy for a minute?”



3. Listen to a Calm-Down Song

Create a calm playlist with soft, soothing tunes your child loves. Parents can write down their child's favourite calming songs.

How to use:

"Would you like to listen to your calm song while we breathe together?"

PLAYLIST FOR A CALM MIND

1. A-TEAM | ED SHEERAN
2. LOVING IS EASY | REX ORANGE
COUNTY
3. EASY | MAC AYRES
4. EASILY | BRUNO MAJOR
5. FAIR | WEATHER FRIEND
6. MOVIE | TOM MISCH
7. COMETHRU | JEREMY ZUCKER
8. GET YOU | DANIEL CAESAR
9. MY FAVORITE CLOTHES | RINI
10. 13 | LANY
11. ILYSB STRIPPED | LANY
12. OCEAN EYES | BILLIE EILISH



4. USE THE “FEELINGS CHECK-IN” CHART





















HELP YOUR CHILD NAME HOW THEY FEEL USING A VISUAL CHART.

HOW TO USE:

“POINT TO THE FACE THAT MATCHES HOW YOU FEEL.”

THEN FOLLOW UP WITH: “WHAT DO YOU NEED RIGHT NOW?”

How Do You Feel?

 Happy	 Sad	 Angry	 Surprised
 Frustrated	 Shy	 Embarrassed	 Confused
 Proud	 Jealous	 Disappointed	 Bored
 Hopeful	 Disappointed	 Silly	 Lonely
 Grumpy	 Guilty	 Worried	 Relaxed

5. Create a Calm Corner

Set up a cozy spot with books, pillows, coloring pages, and sensory items.

How to use:

“When you need a break, you can go to your calm corner. It’s your safe space.”



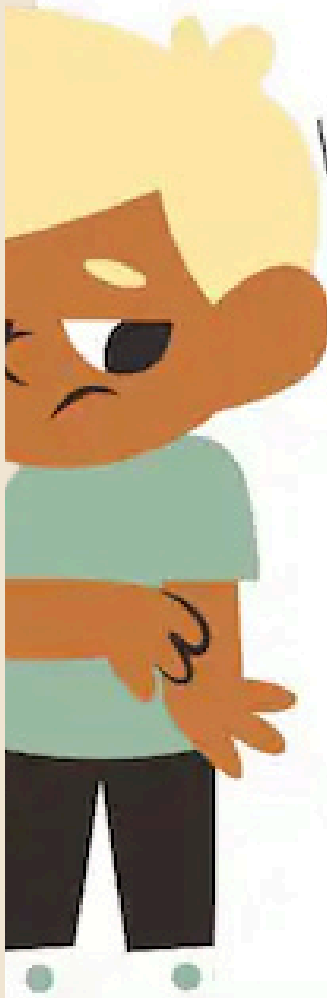
CALM
DOWN
CORNER



Kids Daily Mood Tracker

NAME: _____

I FEEL...	 HAPPY	 WORRIED	 SCARED	 ANGRY	 SHY	 SAD	 FRUSTRATED	 SILLY	 LOVED
SUNDAY	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
MONDAY	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
TUESDAY	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
WEDNESDAY	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
THURSDAY	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
FRIDAY	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SATURDAY	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>





Things I can do when I need to

CALM DOWN



NAME MY
FEELINGS



DEEP
BREATHING



WRITE A
LETTER



IMAGINE A
QUIET PLACE



CHILD POSE



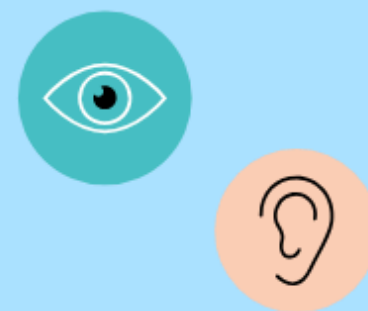
DRINK WATER



WARM BATH



RUN



5-4-3-2-1
GROUNDING
TECHNIQUE



HUG



PAINT



BLOW BUBBLES



SMELL MY
FAVOURITE
SCENT



SQUEEZE
SOMETHING



LISTEN TO
MUSIC

100
99
98

COUNT
BACKWARDS



EXPLORE
NATURE



PRESS AND
RELEASE
PALMS
TOGETHER



WATCH FISH



NOISE
CANCELLING
HEADPHONES



PLAY WITH
A PET



HUG A TOY



WRAP UP IN A
BLANKET



COUNT
HEARTBEATS



I AM FRIENDLY



I AM KIND





I AM STRONG



I AM
BEAUTIFUL

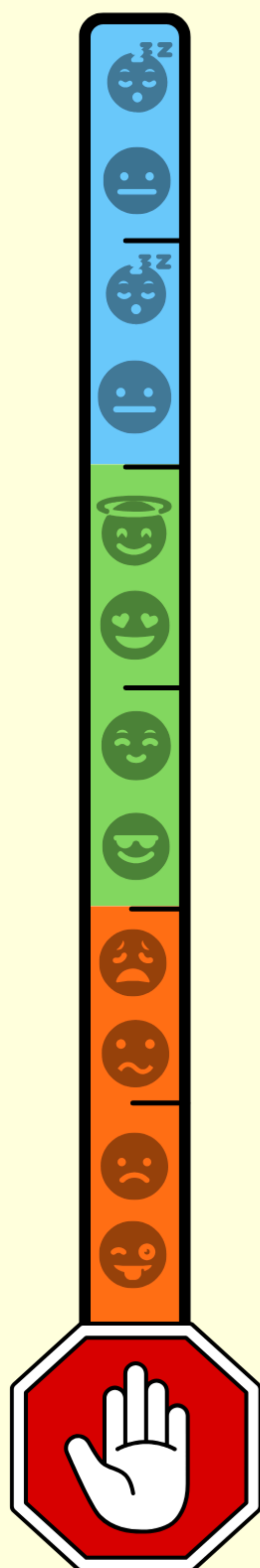


I AM
LOVED



EMOTIONAL BAROMETER

Tips to get into the green zone



READY TO LEARN

- CALM
- HAPPY
- OKAY
- READY



COUNT



SELF TALK

WALL PUSH UP



HAVE A REST

BREATHE



THINK OF A CALM PLACE

LISTEN TO MUSIC



STRETCH

SQUEEZE AND RELEASE



TALK TO AN ADULT

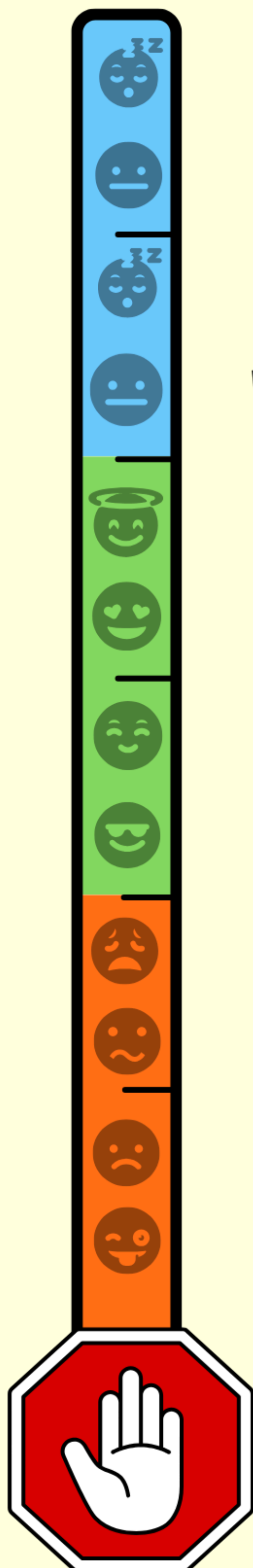


HAVE A SNACK

DRAW



WHAT ZONE AM I IN?



REST ZONE



**TIRED
SAD
SICK
BORED**



**AIM FOR
HERE**

READY TO LEARN



**Calm
Happy
Ok
Ready**



SPIKING



**Silly
Restless
Hyper
Confuse**



STOP



**Mad
Hitting
Frustrated
Yelling**



HELPFUL PHRASES TO USE WITH YOUR CHILD

FOR CALM, CONNECTION, AND EMOTIONAL GROWTH

CONNECTION-BASED PHRASES

I'm here with you.
You're not alone. I've got you.
It's okay to feel what you're feeling.
I love you — even when things feel hard.
I see you. I hear you.
You're safe right now.

EMOTION VALIDATION PHRASES

It makes sense that you feel that way.
That was a lot. I would feel that way too.
Your feelings are real, and they matter.
I hear that you're upset. That's okay.
You were really excited/disappointed/scared — that's a big feeling.
Your emotions aren't too much for me.

REGULATION + COACHING PHRASES

"Let's take a deep breath together."
"Do you want to go to your calm corner or stay here with me?"
"We can figure this out one step at a time."
"You can handle this. I'll help you."
"Let's hit pause and reset."
"Would you like a hug, your breathing buddy, or some space?"
"We'll get through this together."

EMPOWERING PHRASES

"You're learning and growing, and that's brave."
"I'm proud of how you're trying."
"It's okay to make mistakes — I do too."
"You're doing your best, and I see that."
"You took a deep breath — that's amazing!"
"Thank you for using your words."

CALM & REPAIR PHRASES

"Let's take a pause together — you're not in trouble, I'm here to help."
"Would you like to color, cuddle your calm buddy, or just sit with me quietly?"
"This moment feels hard, but we can get through it side by side."
"I'm sorry if I was too loud — everyone makes mistakes, even grown-ups."
"Our love doesn't change — let's try again with kindness and calm."

SHOW, DON'T TELL!

NERVOUS



- Feeling butterflies
- Stomach churning
- Biting bottom lip
- Stuttering

AFRAID



- Knees wobbling
- Breathing hard
- Heart racing
- Biting nails

UPSET



- tears welling up
- Lowering gaze
- Voice breaking
- Clenching jaw

SHOCKED



- Mouth falling open
- Heart beating fast
- Staring blankly
- Jaw dropping

HOT



- Fanning oneself
- Turning crimson
- Moving slowly
- Wiping sweat

HAPPY



- Bouncing on toes
- Eyes brightening
- Smiling broadly
- Talking rapidly

COLD



- Cheeks turning rosy
- Nose turning red
- Breath visible
- Shivering

TIRED



- Forcing eyes open
- Slumping posture
- Rubbing eyes
- Yawning



ABOUT BLOSSOMSKORNER

AT BLOSSOMSKORNER, WE
BELIEVE EVERY CHILD DESERVES
A SAFE SPACE TO BLOOM —
EMOTIONALLY, MENTALLY, AND
SOCIALY.

FOUNDED BY PARENT COACH
CHICHI DAGOGO-WARISO,



BlossomsKorner is a heart-centered resource hub for families raising emotionally resilient children. We offer practical tools, gentle guidance, and real-life support to help parents nurture connection, emotional intelligence, and confidence at home. Through calming visuals, printable resources, coaching, and story-based learning, we're here to remind you:

✨ You don't have to parent perfectly - just presently.

✨ Small steps create big change.

✨ You're not alone on this journey.

Thank you for letting us be a part of your parenting toolbox. ❤️

Explore more at ➡️

www.blossomskorneronline.co.uk

Or connect with us on  @BlossomsKorner

Let's grow calm, connected hearts - together.