Print these pages onto card and cut to separate. I used a hole punch to add holes in the top left corner so they could be attached to a ring to keep them together.

If you want black and white pictures and a greater variety of calming ideas, visit my Teachers Pay Teachers Store.

I hope your students really enjoy these cards! If you have any questions or concerns regarding this product please contact me at lizsearlylearningspot@gmail.com.

For many more teaching ideas and freebies visit my blog Liz's Early Learning Spot: http://www.lizs-early-learning-spot.com

If you would like to take a look at my paid products you can find them at the stores below!

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Kuidas säilitada rahu

lükka seina

kõnni

hüppa
tee ventusi
jookse
mõtle rõõmsaid mõtteid
lõdvestu
joo vett
leia vaikne koht
jooga
hinga
kuula muusikat
loe
mängi klotsidega
mudi midagi
paita looma
loenda
maali
joonista
mängi plastiliiniga
kallista
mänguvasja
tenneta tuult
näri nätu