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 185 calming ideas (in English or Spanish), 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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Many thanks go to clinical psychologist Mariana Rebello from marianarebello.com.br for her help with this Brazilian-Portuguese translation.

Click

free

Happy Teaching!
muito

bravo

irritado

un poco

irritado

calmo
Cartões de estratégias para acalmar

empurrar

caminhar

pular

alongar

correr
pensamentos felizes
relaxar
beber
espaço silencioso
ioga
respirar
ouvir música
ler um livro
brincar com blocos
apertar
afagar um animal de estimação
contar
pintar

desenhar

massinha

abraçar

um urso

sentir uma brisa

mascar chiclete