MODULE 9 · SELF-REGULATION FLIP CARDS

My Calm *Steps*

A child-facing key ring that walks a child through the self-regulation cycle, one small step at a time: breathe, notice how I feel, choose what I need, do it, check in, and return to the group when I am ready. It puts ownership of regulation gently into the child's own hands.

THE SIX STEPS

1. **Breathe.** Trace up and down your fingers, breathing in on the way up and out on the way down.
2. **Notice.** Look at the feelings scale. How am I feeling right now?
3. **Choose.** Flip through the "I need" cards and choose the one that will help.
4. **Do it.** Go and do the thing you chose, and give it time to work.
5. **Check in.** Notice your body and your feeling again. Has anything changed?
6. **Return.** When you feel steady, you are ready to rejoin the group.

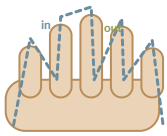
HOW TO MAKE AND USE THE RING

Print pages 2 to 5, laminate, and cut out the cards along the dashed lines. Punch a hole in the top-left circle of each, and thread them onto a key ring or treasury tag in order. Keep the ring in the calm space, or let a child carry their own. Introduce it together when everyone is calm, model it yourself, and let the child lead. The "I need" cards are a menu, not a worksheet: the child chooses. Add your own "I need" cards, and a real photo or pictogram, to personalise the ring to each child and class.

My Calm *Steps*

A gentle way to look after my big feelings, one step at a time.

STEP 1



Breathe

Trace up and down your fingers. Breathe **in** going up, breathe **out** going down. Do it five times.

STEP 2

How am I feeling?

- Angry, annoyed, stressed
- Worried, confused, nervous
- Sad, tired, hurt
- Calm, happy, focused

STEP 3

What do I need?

Flip through the **"I need"** cards. Choose the one that will help you feel steady again.

I NEED



I NEED

noise-cancelling headphones

I NEED



I NEED

a wobble cushion

I NEED



I NEED

a fidget toy

I NEED



I NEED

time alone in the den

I NEED



I NEED

one-on-one time with my teacher

I NEED



I NEED

a calming walk

I NEED



I NEED

the weighted cushion

I NEED



I NEED

to write out my feelings

I NEED



I NEED

to voice-record my thoughts

STEP 4



Do it

Go and do the thing you chose. Give it time to help your body and mind settle.

STEP 5



How do I feel now?

Notice your body and your feeling again. Checking in means I am looking after myself.

STEP 6



I'm ready to return

When I feel steady, I can rejoin the group. Well done for looking after yourself.