My Feelings & Calm-Down Toolkit

Gentle, judgement-free pages for noticing feelings, spotting body clues and finding what helps.

AGES 5–12

What's inside:

- "How am I feeling today?" check-in pages
- A feelings face gallery and cut-out feelings cards
- Body clues: where do I feel it?
- Feelings weather and "how big is the feeling?"
- A weekly feelings diary and a calm-down menu
- Star breathing and 5-4-3-2-1 senses grounding
- A safe calm place and my own calm plan
- A certificate to print and keep

Designed for flexible use: work through in order, dip in and out, or pick a single page for a quick activity. There's no "wrong" way to use this pack.

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How Am I Feeling Today?

There's no right answer. Circle the face that matches how you feel right now.

Little Minds™

Happy

Calm

Worried

Sad

Frustrated

Tired

Excited

Scared

It's okay for more than one to feel true at the same time.

One thing that happened today:

My feeling today is a bit like...

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Well Done!

for completing the My Feelings & Calm-Down Toolkit Pack

This certificate belongs to:

_____

Signed (parent / carer / educator) _____ Date

Every page finished, or even just one, is worth celebrating.

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