

My Feelings & Calm-Down Toolkit

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

AGES 5–10 • HOME, CLASSROOM & 1:1

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 at home, in the classroom or 1:1: 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.

How Am I Feeling Today?



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



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...

.....

.....



NEURODIVERGENT MINDS **Little Minds™**

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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