

# MUSIC city COUNSELOR

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let's connect!



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[www.musiccitycounselor.com](http://www.musiccitycounselor.com)

# Directions Page 1:

## To assemble the lap book:

**MATERIALS:** manila folder, hook and loop fastener dots, scissors, and printed pages

I use a manila folder and hook and loop fastener dots to make my Calm Down Lap Books durable and easy-to-use. Please note that all pages of the lap book are included in full color and black/white, so please only print the pages that you need. Please see the sample lap book on the next slides as a guide for creating yours. Multiple options for the front cover page are included, so please choose the one that you or your student like the best. Students can decorate the cover and add their name to the line. Please glue the cover page to the front of the manila folder. Then, please glue the page that says, "I can use my calm down strategies" to the back of the manila folder. Next, please open the manila folder and glue the "My goal: I feel:" page to the top half of the inside of the folder. Then, please glue the, "So I can:" page to the bottom half of the inside of the manila folder. Next, please cut out each of the little squares. Please place one side of the hook and loop fastener dot on the back of each little square and the other side of the hook and loop fastener dot on each blank square and blank sticky note on the inside pages of the manila folder (the first 4 squares are the goals, the next 8 squares are the feelings, and the final 16 squares are the coping skills). Then, please stick each of the little squares onto the blank squares in the inside of the manila folder. They can be placed in any order as long as they are placed in the correct section. This makes the lap book interactive and reusable for your students!

# Directions Page 2:

## To use the lap book:

Students can write their name on the line on the cover page and decorate the clipart. If using the black/white version of the folder, students can color the different feelings, goals, and calm down strategies squares, too. It is critical to teach students how to use this folder *while they are calm* so when they are upset they will already know how to use it and can jump right in. I also teach students who are prone to making sad choices or having meltdowns all of the calm down strategies *before* they are escalated so we won't be trying to teach something brand new while they're already upset. There are tips for how to teach balloon breathing, talk it out, bumble bee breathing, and buddy breathing on the back of the folder. Students open the folder and first choose their goal. They look at the 4 options for goals and place the one that suits their feelings and wishes on the blank sticky note. Next, they choose one of the emotions cards that shows how they're feeling and place it on the blank sticky note. Then, they can look at the calm down strategies and choose two that they want to try and place them on the sticky notes. Then, they practice the calm down strategy that they chose. After trying the calm down strategy, the child reviews their goal and feelings again and chooses new ones (if applicable). If they're still upset, they can choose a new calm down strategy. Please repeat this process until the child is calm. I recommend keeping a copy of this folder in your calm down corner in your classroom/office and having students who are prone to becoming upset keep a copy of the folder in their desk. You may also want to send a copy home with certain students so mom and dad can use this resource too!

# SAMPLE LAP BOOK:

## FRONT:

## BACK:

I can  
**CALM  
DOWN**

\_\_\_\_\_  
Name



### MY CALM DOWN SKILLS



#### Bumble Bee Breathing

Sit crisscross apple sauce and put the tips of your index fingers inside of your ears. Close your eyes and take a deep breath in through your nose for 3 seconds. Then as you breathe out your mouth, make a humming noise.



#### Breathing Buddies

Lie down on your back and place a stuffed animal on your tummy. Take a deep breath in and notice the stuffed animal fall. Then, take a deep breath out of your mouth and notice the stuffed animal rise. Pretend that you're rocking the animal to sleep.



#### Use an I-Message

"I feel \_\_\_\_\_ when you \_\_\_\_\_. Can you please \_\_\_\_\_?"

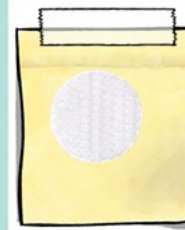


#### Balloon Breathing

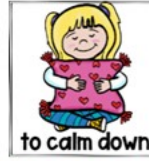
Pretend your tummy is a balloon that fills up with air when you breathe in and deflates when you breathe out. Practice "filling your balloon" by taking deep breaths in your nose for 3 seconds. Then, "deflate your balloon" by blowing air out of your mouth for 3 seconds.



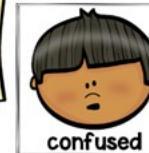
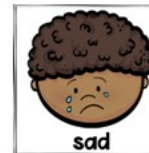
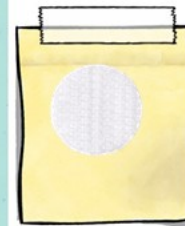
# SAMPLE LAP BOOK: INSIDE:



## MY GOAL:

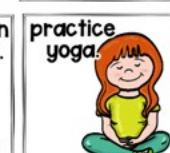
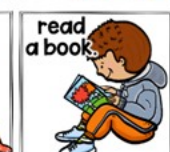
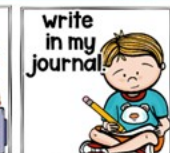
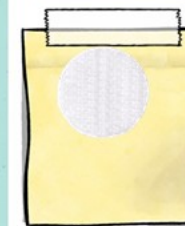
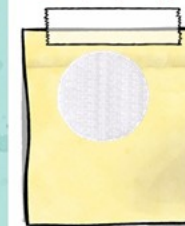


## I FEEL:



© Miac City Counselor

## SO I CAN:



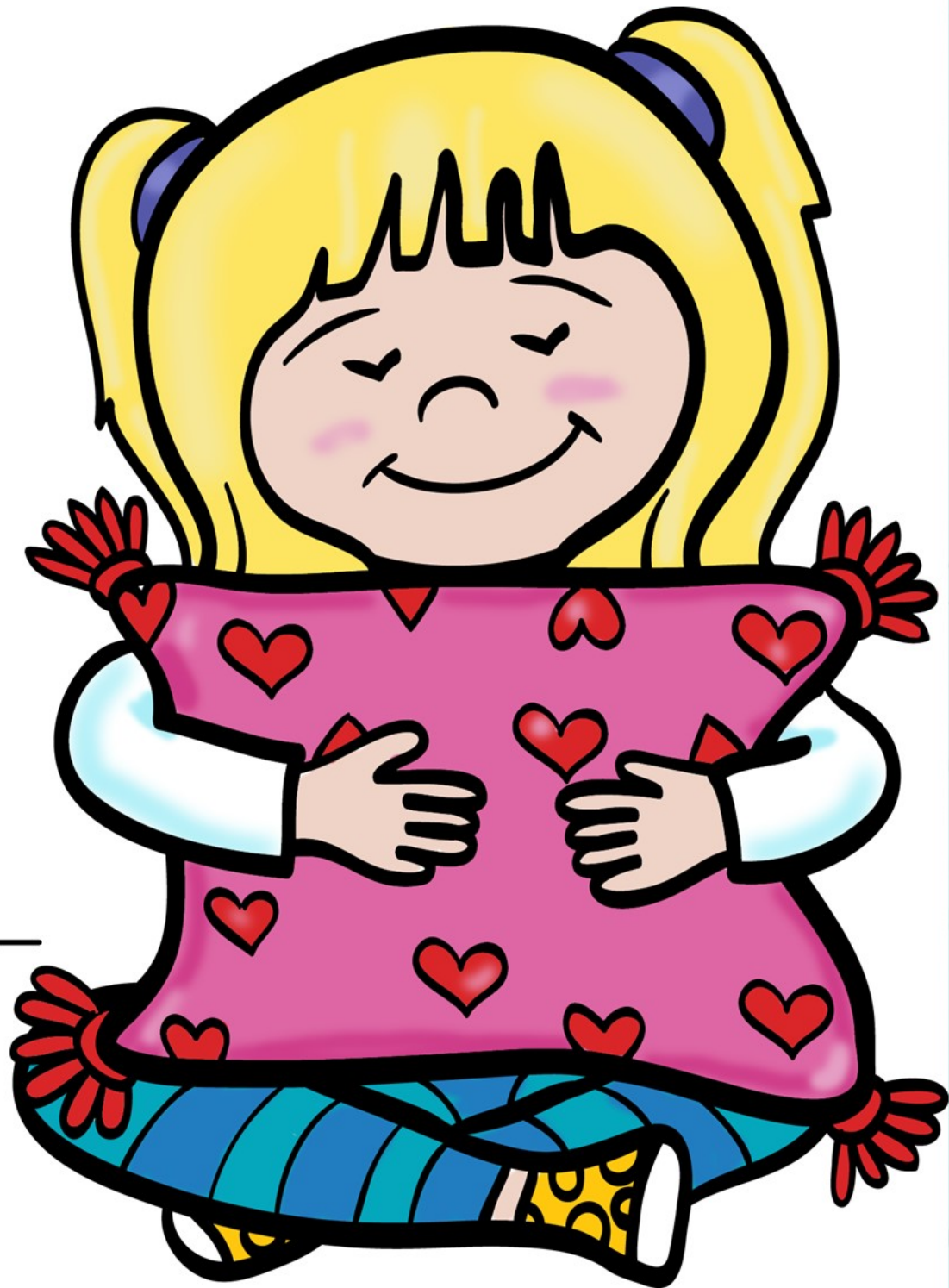
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**Full Color**

I can  
CALM  
DOWN

---

Name



I can  
CALM  
DOWN

---

Name



I can  
CALM  
DOWN

---

Name



I can  
CALM  
DOWN

\_\_\_\_\_

Name



I can  
CALM  
DOWN

---

Name

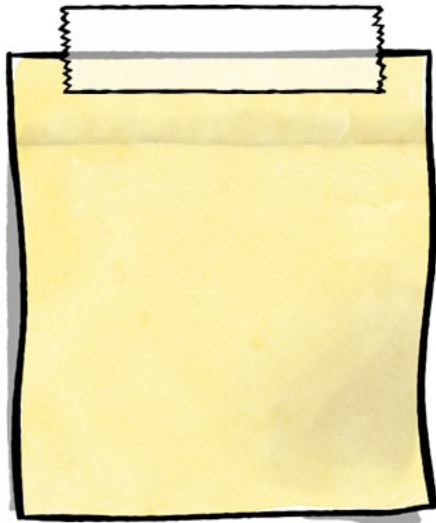


I can  
CALM  
DOWN

---

Name



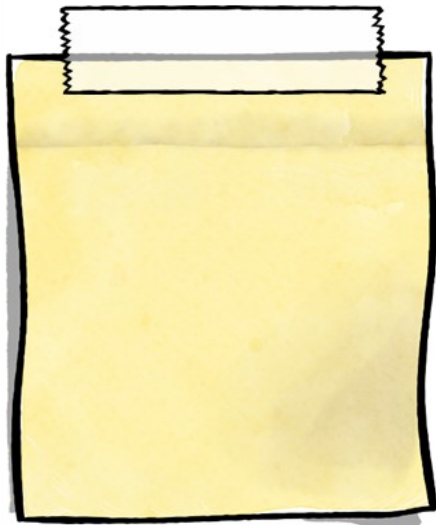


# MY GOAL:

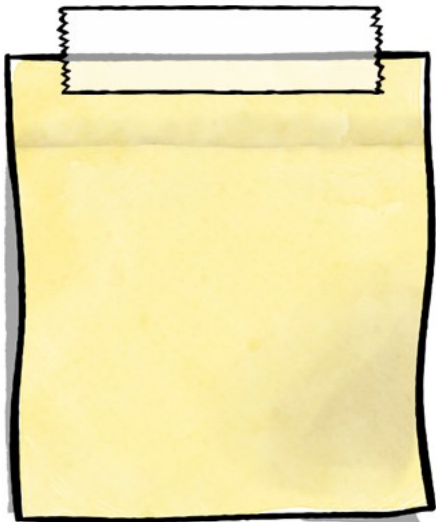
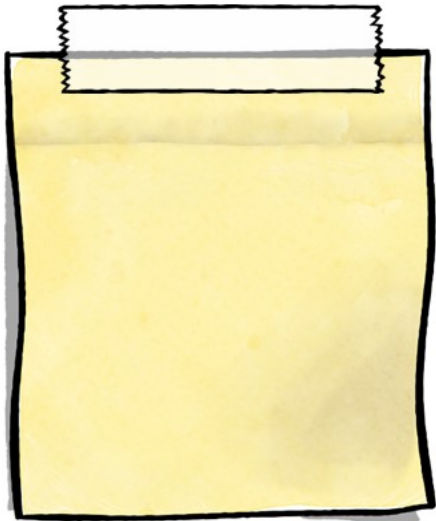
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# I FEEL:




SO I  
CAN:






to calm down.



to rejoin the group.

to make good choices.



to finish my work.



angry



scared



frustrated



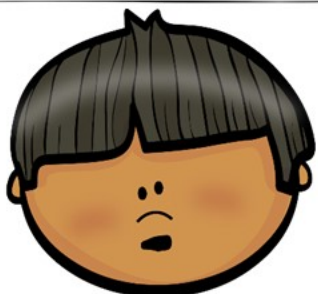
calm



lonely



embarrassed



confused



sad

get fresh air.



exercise.



listen to music.



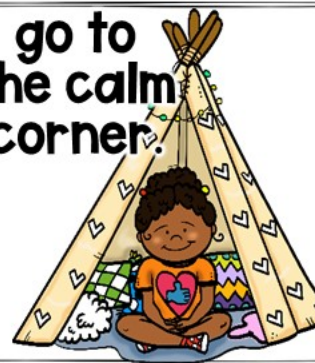
practice yoga.



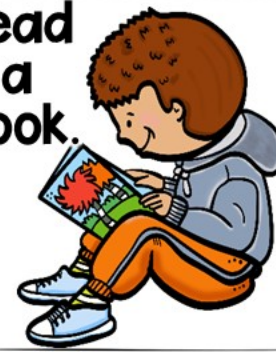
push on a wall.




go to the calm corner.



read a book.



write  
in my  
journal.



take  
a  
break.



count  
to 10.




practice  
belly  
breathing.



drink  
water.



bounce  
on a  
ball.



squeeze  
a stress  
ball.



imagine a  
happy place.



# MY CALM DOWN SKILLS



## Bumble Bee Breathing

Sit crisscross apple sauce and put the tips of your index fingers inside of your ears. Close your eyes and take a deep breath in through your nose for 3 seconds. Then as you breathe out your mouth, make a humming noise.



## Breathing Buddies

Lie down on your back and place a stuffed animal on your tummy. Take a deep breath in and notice the stuffed animal fall. Then, take a deep breath out of your mouth and notice the stuffed animal rise. Pretend that you're rocking the animal to sleep.



## Use an I-Message

"I feel \_\_\_\_\_ when you \_\_\_\_\_. Can you please \_\_\_\_\_?"



## Balloon Breathing

Pretend your tummy is a balloon that fills up with air when you breathe in and deflates when you breathe out. Practice "filling your balloon" by taking deep breaths in your nose for 3 seconds. Then, "deflate your balloon" by blowing air out of your mouth for 3 seconds.

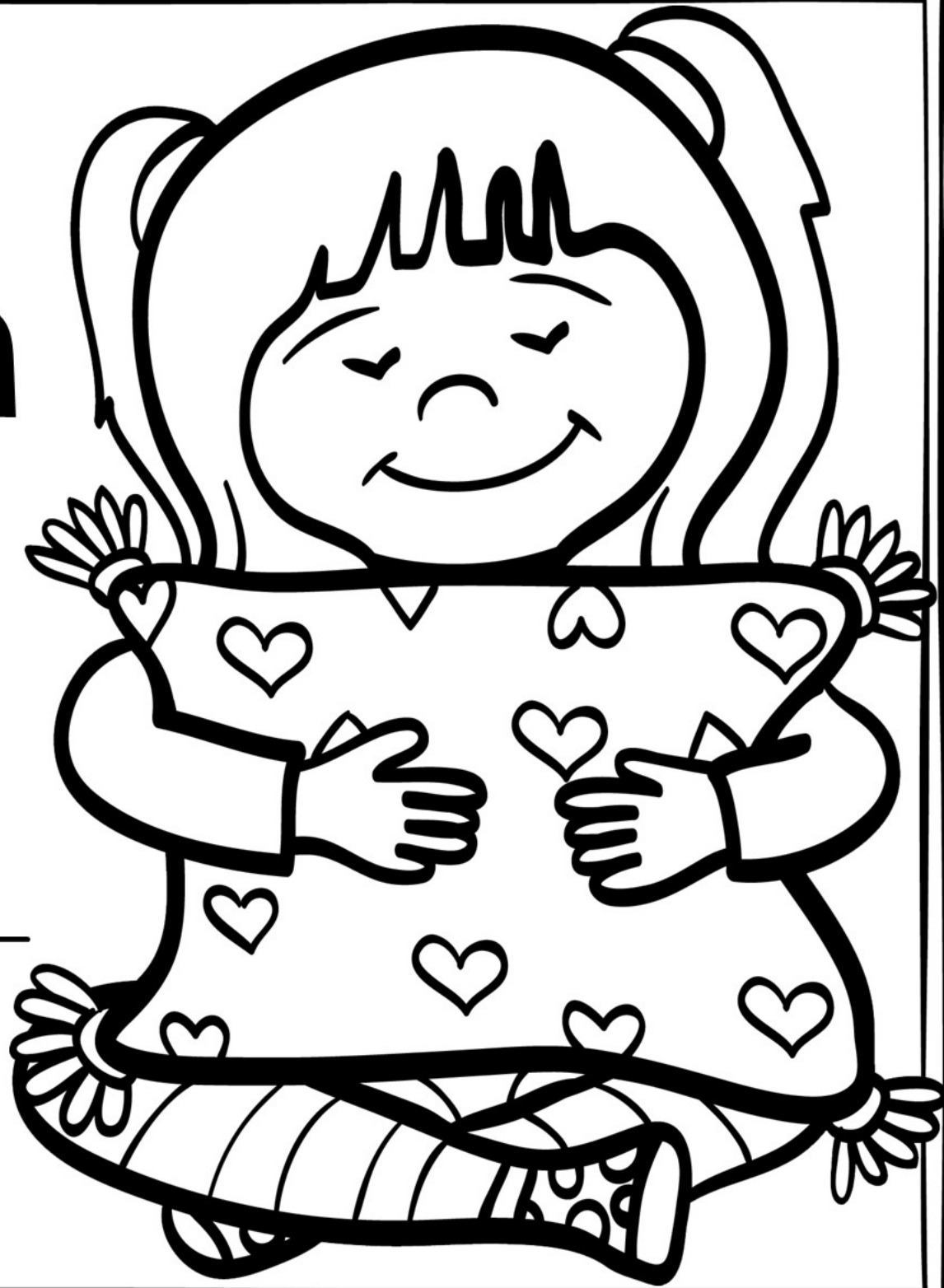


**Black &  
white**

# My Calm Down Folder

---

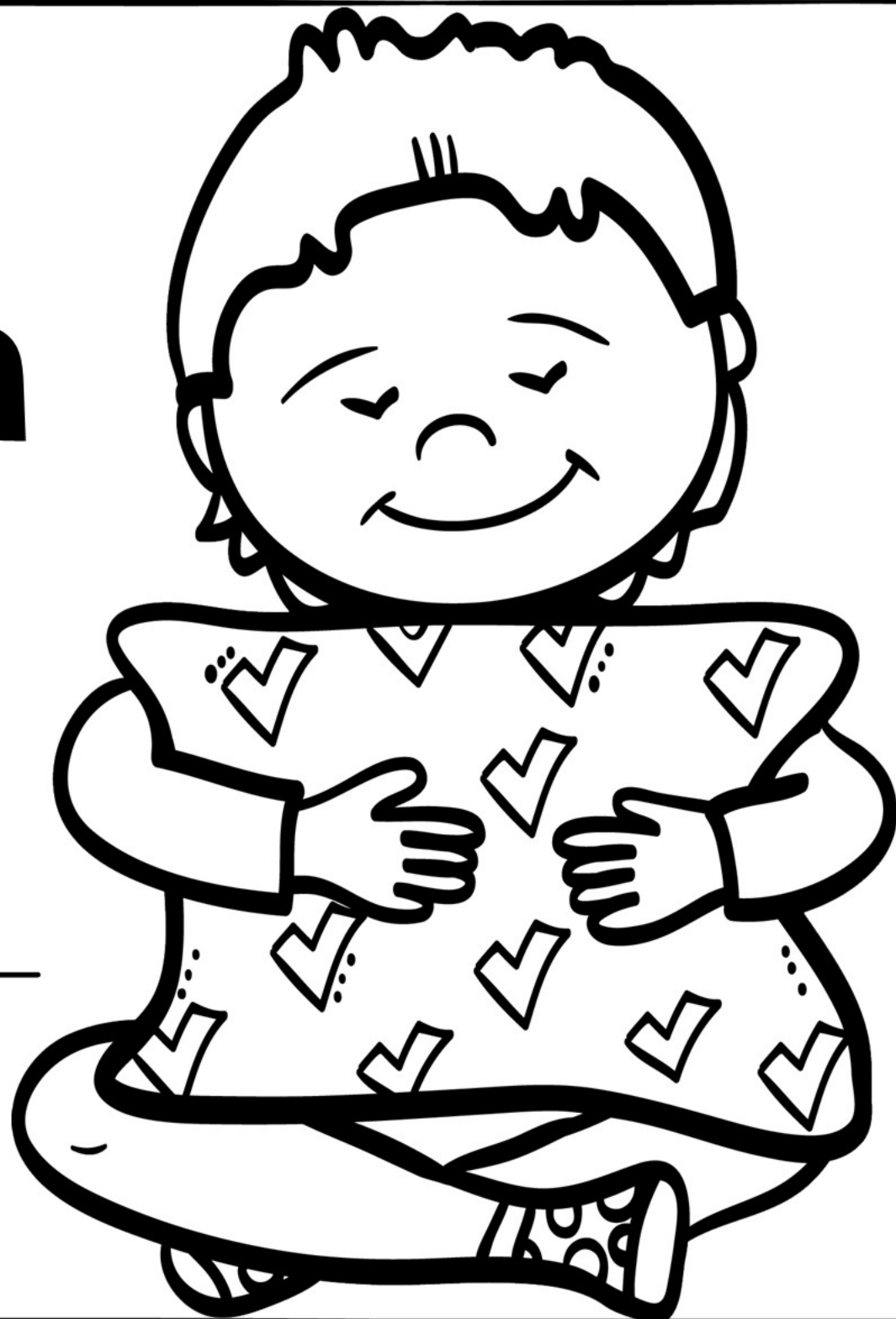
Name \_\_\_\_\_



# My Calm Down Folder

---

Name \_\_\_\_\_



# My Calm Down Folder

\_\_\_\_\_

Name



# My Calm Down Folder

\_\_\_\_\_

Name



# My Calm Down Folder

---

Name



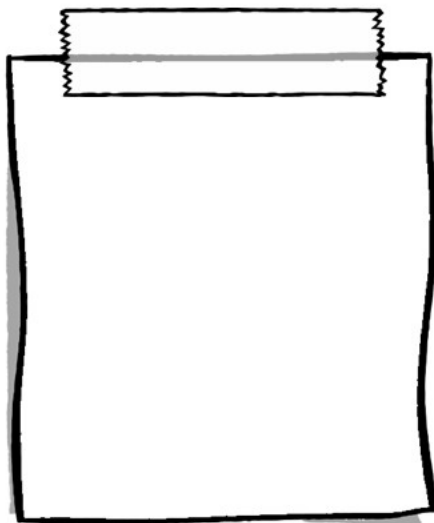
# My Calm Down Folder

---

Name



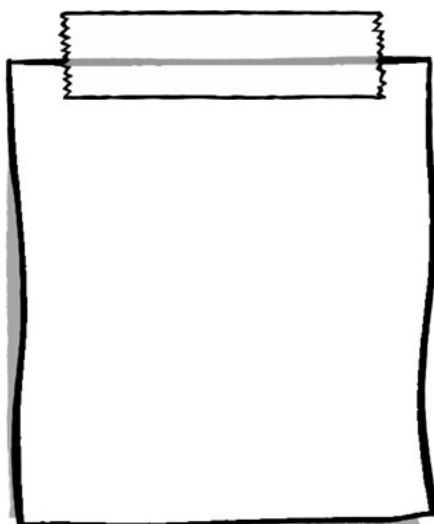
# MY GOAL:



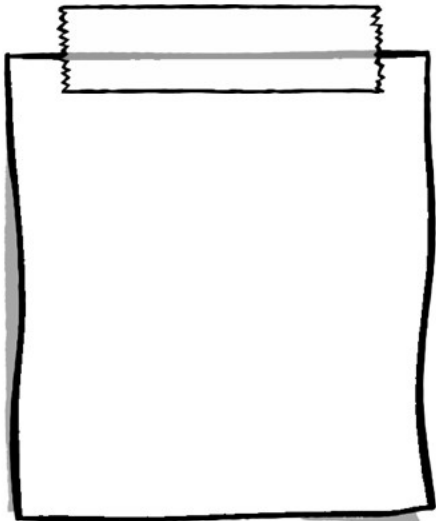
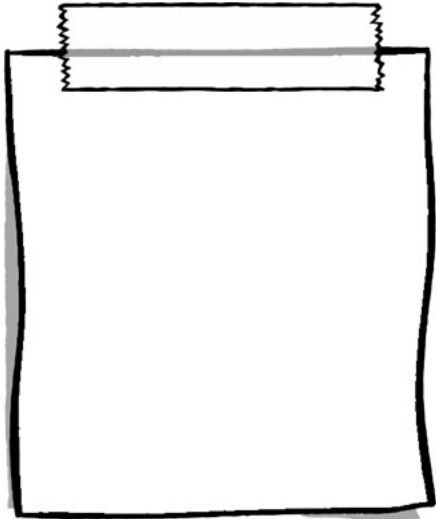
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# I FEEL:




SO I  
CAN:






**to calm down.**



**to rejoin the group.**



**to make good choices.**



**to finish my work.**



**angry**



**scared**



**frustrated**



**calm**



**lonely**



**embarrassed**



**confused**



**sad**



**get fresh air.**



**exercise.**



**listen to music.**



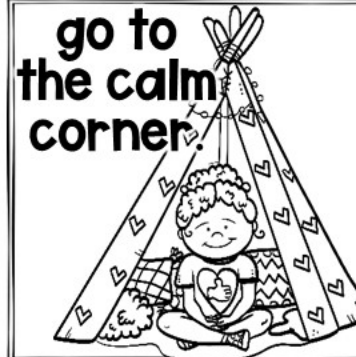
**draw.**



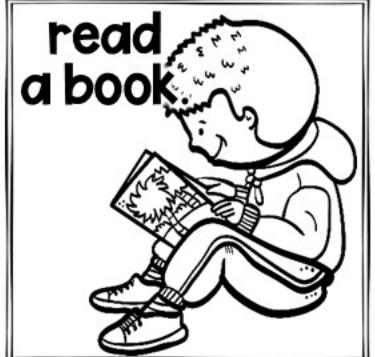
**practice yoga.**



**push on a wall.**



**go to the calm corner.**



**read a book.**


**write  
in my  
journal.**




**take  
a break.**



**count  
to 10.**



**practice  
belly  
breathing.**



**drink  
water.**




**bounce  
on  
a ball.**



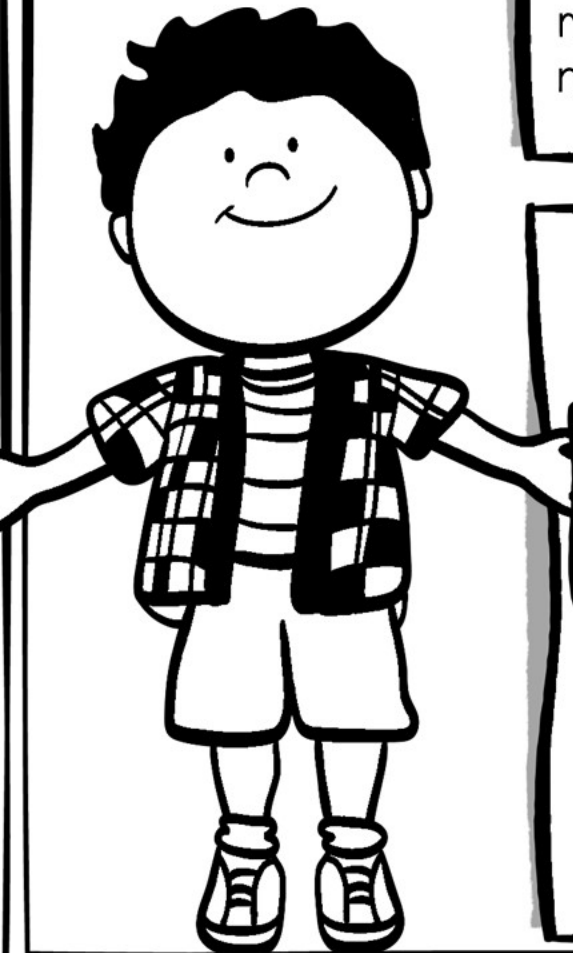
**squeeze a  
stress  
ball.**



**imagine a  
happy place.**

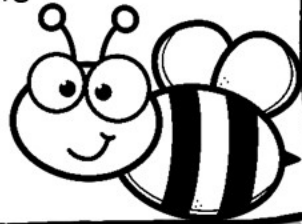


# MY CALM DOWN SKILLS



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