

Calming cards for the holidays

When the holidays become too much for your kids, or for you, these cards can help your family slow down, get grounded and soak in the season.

How to use them

- 1 Print on 8.5 x 11 paper.
- 2 Cut along the dotted lines.
- 3 Let your child pick a card for help calming down.
- 4 Follow the instructions on the card.

PRO TIP: Keep a set in your bag, car, classroom calm corner, or on the fridge at home



Hot cocoa breathing

Pretend you're holding a warm cup of cocoa. Smell the cocoa (breathe in slowly)... now cool it off (breathe out gently). Do this 5 times.



Melting snowman

Tense your body like a snowman standing tall and cold. Hold... then let go and imagine yourself slowly melting into a puddle.



Snow angel arms

Stand tall. Slowly sweep your arms up and down like you're making a snow angel. Try it 5 times.



Take in the season around you

Find 5 holiday things you can see, 4 you can touch, 3 you can hear, 2 you can smell and 1 you can taste.



Cozy corner visualization

Close your eyes. Picture yourself wrapped in a warm blanket, snuggled in your favorite cozy spot with your favorite toy or book.



Jingle bell shake

Shake your hands, arms, feet — like jingle bells jingling! Then freeze... and feel your body slow down.



Need more tools to keep the calm going?

Explore our website for calming strategies, games, emotional wellness tools, and free coaching to support your family in every season.

brightlife.kids/ca