COPING SKILLS CARDS · AGES 4–7

When a Feeling Gets Big

Cut along the dashed lines. Practice one card on a calm day, then keep the set where your child can reach it.



Press pause

Stop. Breathe. Choose.



Smell the flower, blow the candle

Breathe in slowly... and out.



Name it

Right now I feel...



Ride the wave

It comes, and it goes.



Ask for a hug

Can you help me?



Squeeze and let go

Tight fists... now soft.



Count to five

1, 2, 3, 4, 5.



Move it out

Ten jumps, then stop.



Draw it

This is how big it is.



Sip of water

Slow sips.



Calm corner

I'll be back when I'm ready.



One small step

I can try one step.

For grown-ups: practice when everyone is calm, not in the middle of a meltdown. In a hard moment, offer two cards to choose from — and do the card with them.

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