

Name: _____

Date: _____

Week 6 Health: Calming the Body



Our Calming Target: I can notice a body clue and try a calming strategy.
Remember: all feelings are allowed, and no single tool works every time!

Part 1: Listening to My Body Clues

Our bodies give us helpful clues when we feel buzzy, tight, worried, or rushed. Look at the body clues below. Circle the clues your body has felt before!



Fast Heartbeat

Chest flutters or beats thump-thump fast.



Tight Hands

Fingers or jaw clench up tightly.



High Shoulders

Shoulders sneak up toward the ears.



Quick Breaths

Short shallow puffs when feeling rushed.

Part 2: Practice Our Three Calming Tools

When you notice a clue, try one of our safe calming practices. Walk through each step with your teacher or partner:



Tool 1: Flower & Candle

1. Smell the flower: breathe in slowly through your nose.
2. Pause gently for one quiet moment.
3. Blow out the candle: smooth and long through your mouth.
4. Repeat up to 3 times, then notice what feels the same or different.



Tool 2: Steady Wall Push

1. Plant both feet flat and firm on the floor.
2. Place flat palms gently against a sturdy wall.
3. Press firmly with your muscles for 5 slow seconds.
4. Release and notice your muscles resting.



Tool 3: Look, Touch, Listen

1. **Look:** Find 3 blue things in your room.
2. **Touch:** Feel 2 different textures (desk, shirt).
3. **Listen:** Hear 1 quiet sound near or far away.
4. Check in: how does your body feel now?

Part 3: Oaklynn's Calming Scenario



Scenario: Leo is waiting for his turn to share. He looks down and notices his hands are squeezed into tight little balls, and his shoulders are high up by his ears.

1. Name Leo's body clue: What is his body telling him?

2. Pick a calming tool: Which tool should Leo try first?
(Circle one)

- ☐ Flower and Candle Breathing (slow breaths)
- ☐ Steady Wall Push (pressing palms for 5 seconds)
- ☐ Look, Touch, and Listen (3-2-1 senses check)

3. Why might this tool help Leo? Write or dictate one sentence:

Part 4: Brooksley's Choice & Calming Art

You can point, circle, match, draw, or dictate your ideas below!

A. Pick My Favorite Tool

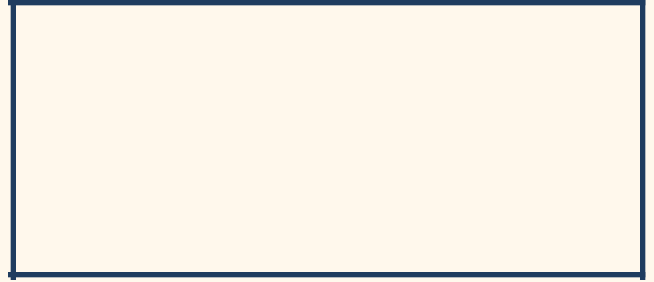
Point to or circle the tool you want to try today:

- [] **Flower & Candle** (Smell flower, blow candle)
- [] **Steady Wall Push** (Push against the wall)
- [] **3-2-1 Senses** (Find 3, touch 2, hear 1)

Did you know? If one tool feels tricky today, you can pick a different one!

B. What I Notice After Trying a Tool

Draw or dictate what feels the same or different after trying a tool.



Adult Note & Co-Regulation Support: All feelings are welcome and safe to feel. Children may experience different body sensations (rapid heartbeat, clenched fists, stiff shoulders). Practice these strategies when calm so they become familiar tools during big energy moments. If a child finds slow breathing uncomfortable, transition to heavy work (steady wall push) or external sensory grounding (3-2-1 senses check). Oral dictation and pointing are fully valid demonstration options.

Answers

Part 1: Listening to My Body Clues: Student responses may circle any clue experienced (fast heartbeat, tight hands, high shoulders, quick breaths). All feelings and body sensations are valid.

Part 2: Practice Our Three Calming Tools: Teacher or partner checks that student actively participated by attempting slow breaths, a steady wall press, or naming items using 3-2-1 senses.

Part 3: Oaklynn's Calming Scenario:

1. Leo notices tight hands (clenched fists) or high shoulders / buzzy energy.
2. Any chosen tool is acceptable (Flower & Candle Breathing, Steady Wall Push, or Look, Touch, and Listen).
3. Sample acceptable responses: "Flower breathing gives Leo slow breaths to help his muscles relax," "A steady wall push lets him use extra muscle energy so his hands can open," or "Looking and listening helps his brain focus on the room so his shoulders can drop."

Part 4: Brooksley's Choice & Calming Art: Student indicates a preferred tool by circling, pointing, or dictating, then shares an accurate observation about what feels the same or different. "I notice no change" is valid. Accept pointing, drawing, or dictation; no particular facial expression or body position is expected.