

My Calm Down Choices

FEEL IT • PICK IT • TRY IT

NAME _____

DATE _____

Big feelings are OK! Circle how you feel, then pick a calm-down idea to try.

Step 1 • How Do I Feel Right Now?

Circle the face that matches!



Angry



Sad



Worried



Frustrated



Overwhelmed



Just OK

Step 2 • How Big Is My Feeling?

Circle the number!



1

a little bit



2

sort of



3

medium



4

pretty big



5

very very big

Step 3 • Pick Something to Try!

Check the ones you want to try.



Take Deep Breaths



Count to 10



Read a Book



Draw a Picture



Squeeze a Stuffedie



Take a Walk with an Adult



Listen to Music



Think of a Safe Place



Ask a Trusted Adult for a Hug

My Plan

When I feel upset, I will try:

My Calm Down Choices

Kindergarten • SEL • Self-Regulation

Everything is circle-and-check: six feeling faces, a five-point how-big scale, nine strategies, and a one-line plan. Use it mid-moment, as a proactive SEL lesson, or as a reference card students return to.

Quick Start

LEARNING TARGET

Students name a feeling, rate how big it is, choose calming strategies, and name one thing to try when upset.

TIME

10–15 min, then revisit

GROUPING

Whole group; private by default

MATERIALS

Printed sheet, crayons/pencil

Guiding questions: Which face is you right now? How big is the feeling? Which idea will you try?

Facilitation Sequence

1 Launch

Name the six faces together and make each one. Stress that all feelings are okay; this sheet helps us choose what to do.

2 Student work

Children circle a face, a number, and check strategies. Offer the faces aloud for anyone unsure.

3 Consolidate & discuss

Without sharing personal triggers, match strategies to feelings (wiggles out for angry, breaths for worried).

4 Wrap-up

Keep the sheet as a calm-corner reference. Re-use after real moments; swap ideas that didn't help.

Answer Key & How to Approach

Item	Expected Response / How to Approach
What counts as complete	A circled face, a number, 2–3 checked strategies, and one named plan. There are no wrong answers — honesty is the win.
The strategy menu	All nine work; the goal is a personal go-to. Coach the match: movement for anger, breathing for worry, a hug or talk for sadness.

Likely Responses, Misconceptions & Teacher Moves

Children may...	What that might mean...	A helpful next move...
Stall at picking a face	New feeling words, or unsure it's safe.	Offer two aloud: "more angry or more worried?" Any honest pick is fine.
Check every strategy	A wish list, not a plan.	Ask which ONE they'd try first next time.
Always circle the biggest size	May need an adult's help before the sheet helps.	A conversation, not a correction — check in privately.

Equity, SEL & Trauma-Informed Prompts

Equity	SEL	Trauma-Informed
Calming looks different across families. Welcome strategies from home; faces and checks let pre-writers fully take part.	Naming feelings is the core skill. Build the vocabulary over time, with no pressure to "perform" a feeling.	Keep responses private by default; a quiet opt-out and a predictable routine matter most.

UDL, Differentiation & Language Supports

More support	Ready for more	Language supports
Name and model each face; read strategies aloud; let children point instead of write; scribe the plan.	Add why they feel that way; match a different strategy to each feeling; add their own idea.	Feeling-face vocabulary; frame "I feel ____, I will ____"; first-language welcome.

Assessment Look-Fors & Next Steps

Criterion	What it looks like here	Helpful next step
Names a feeling	Circles a face that fits.	If stuck, build feeling words with the faces.
Picks a strategy	Checks a calming idea to try.	If none, model trying one together.
Names a plan	States one thing to try when upset.	If blank, choose one from the checks.

Reteach signal: if many can't name a feeling, spend a few minutes naming and making the faces before re-issuing.