

Calming Cards

Strategies with Picture



These Calming Cards were developed by the Children's Specialized Hospital (CSH) Family Advisory Council in partnership with Psychology CSH staff to support mental and emotional wellness for children and their families.

We recommend that you print a color copy and cut individual squares and laminate choosing all or some of the strategies according to your child's needs. The cards can be added to a key ring for easy use. Some suggestions for using calming cards:

1. Print a color copy
2. Cut Individual squares and laminate
3. Punch a hole in the individual cards and attach to a key ring

You can also print and laminate the strategies and use in a chart board format.

