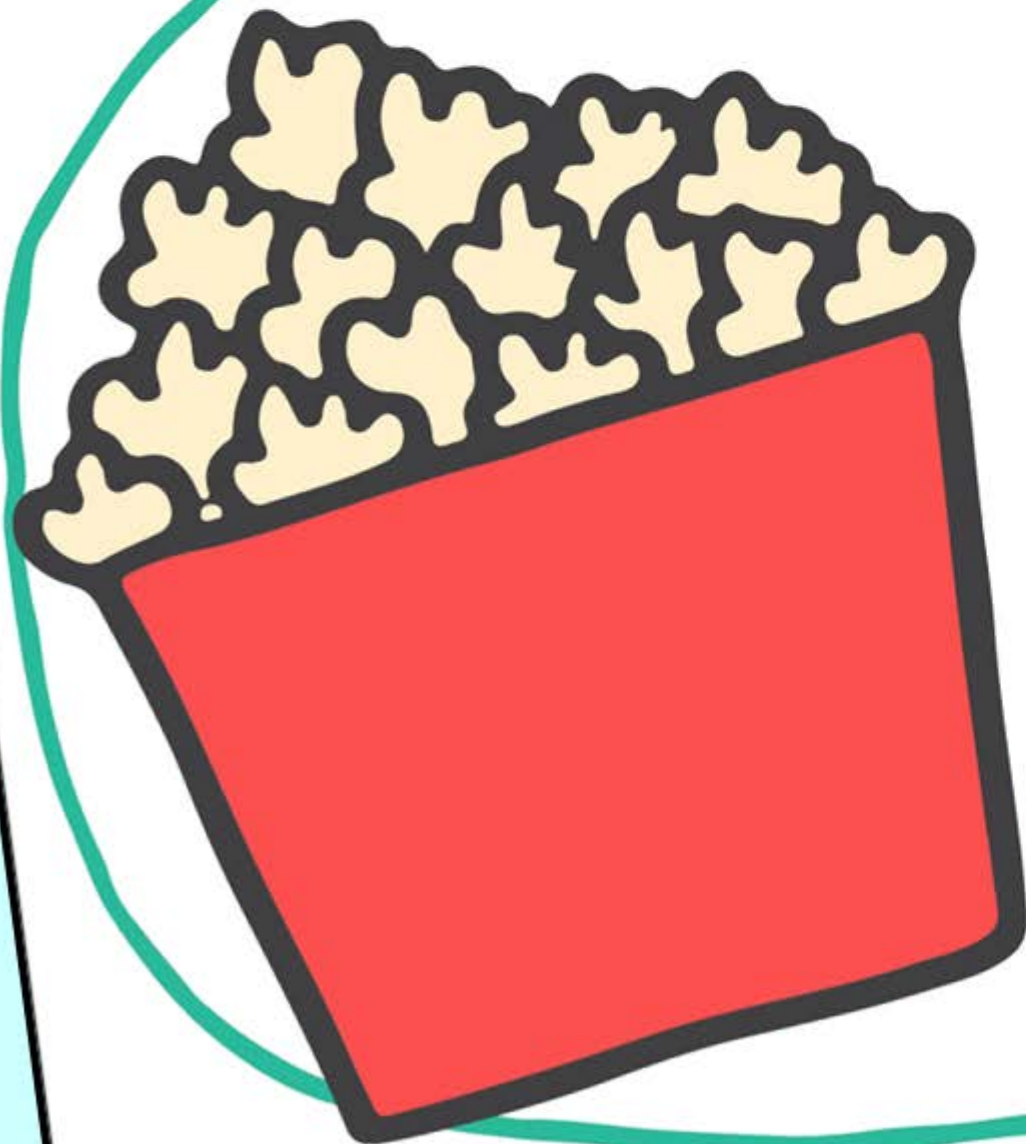


chill out cards

copied strategies • anger • sadness



**Take
a
BREAK.**

TEACHER MAMA SCHOOL

Teacher Mama School

chill out cards

3 Cover Choices



chill out cards

copied strategies • anger • sadness



45 strategies for managing
anger or sadness.

Select suitable strategies for
your child/student's profile.

Printing instructions according
to preferred card size included.



Thank You!

Thank you for downloading this product! We feel honoured that you have chosen a product from our store and hope that you find it useful for your teaching needs. 😊

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If you have any questions, feel free to e-mail us at

email@teachermamaschool.com

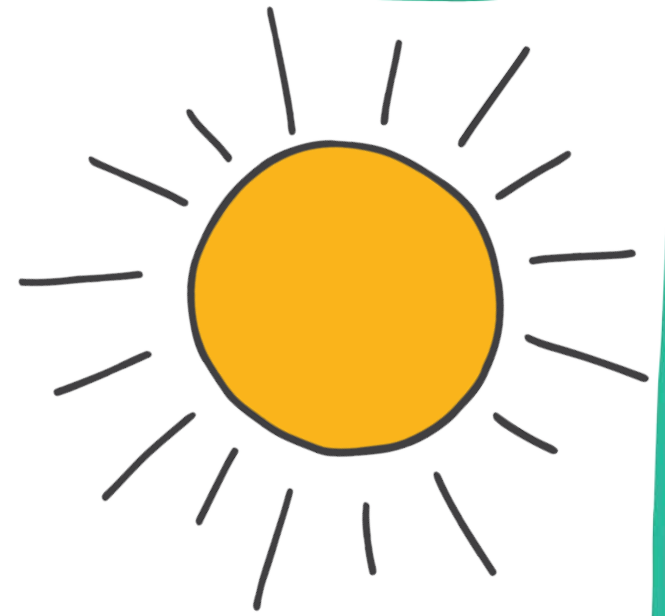
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LEARNING IN *Bite Sizes* • developing numeracy and literacy skills the breezy way •



PRINTING SUGGESTIONS

Hello!

Thank you for choosing this set of cards for your home/classroom use. Most of the strategies are great for managing anger, but many are also great for coping with sadness. **Select the cover** (Calm / Chill Out / Cheer Up) as you deem fit.

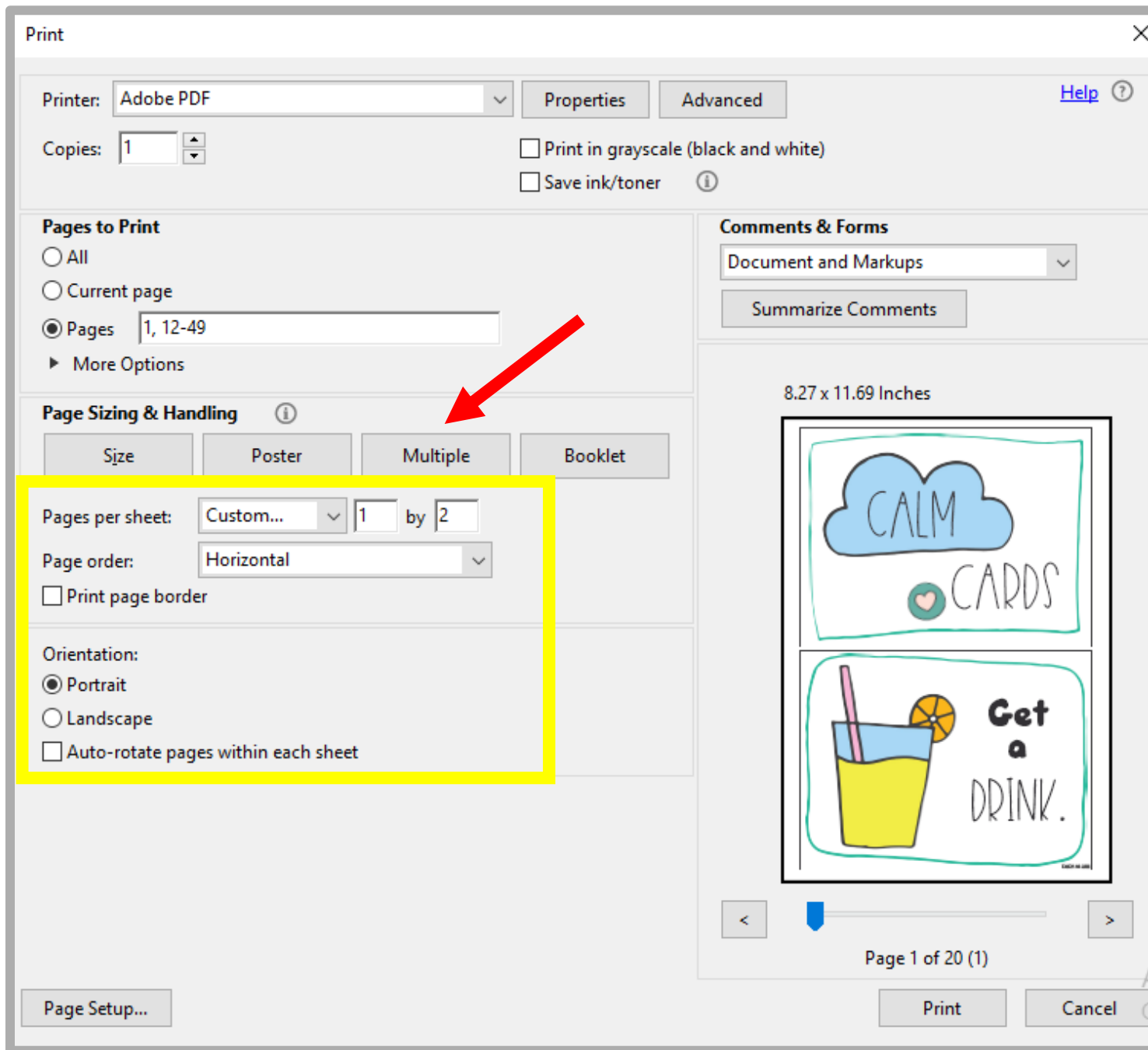
There is only ONE strategy per page. We have intentionally designed it to be so in order to allow you to **select which strategies** you feel are suitable for your child/students. To do so, select ONLY the pages which you'd like to be printed in your print settings.

Additionally, you can also **decide on the size** that you'd like the cards to be.

Please hop on to the **next three pages** to see how to do these in your print settings.

If you have any questions, feel free to e-mail us at **email@teachermamaschool.com**

We would love to hear from you!



2
cards to a
page
(Great as
mini-
posters)

Print



Printer: Adobe PDF

Properties

Advanced

[Help](#) ?

Copies: 1

☐ Print in grayscale (black and white)

☐ Save ink/toner ⓘ

Pages to Print

☐ All

☐ Current page

☒ Pages 3,4-47

► More Options

Page Sizing & Handling ⓘ

Size

Poster

Multiple

Booklet

Pages per sheet: Custom... 2 by 2

Page order: Horizontal

☐ Print page border

Orientation:

☐ Portrait

☒ Landscape

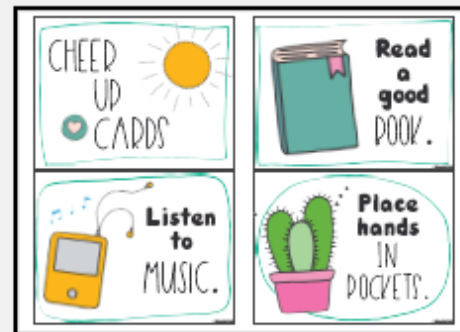
☐ Auto-rotate pages within each sheet

Comments & Forms

Document and Markups

Summarize Comments

11.69 x 8.27 Inches



Page 1 of 12 (3)

Page Setup...

Print

Cancel

4

cards to a
page

Print

Printer: Adobe PDF Properties Advanced [Help](#) ?

Copies: 1 ☐ Print in grayscale (black and white) ☐ Save ink/toner ⓘ

Pages to Print

☐ All

☐ Current page

☒ Pages 3,4-47

► More Options

Page Sizing & Handling ⓘ

Size Poster Multiple Booklet

Pages per sheet: Custom... 3 by 2

Page order: Horizontal

☐ Print page border

Orientation:

☐ Portrait

☒ Landscape

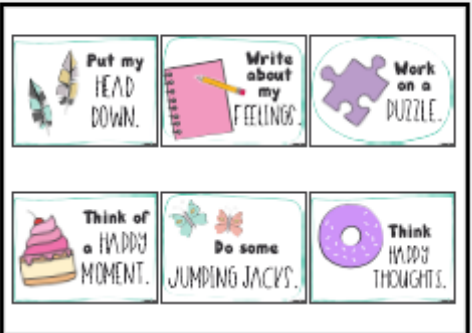
☐ Auto-rotate pages within each sheet

Comments & Forms

Document and Markups

Summarize Comments

11.69 x 8.27 Inches



< Page 6 of 8 (33) >

Page Setup... Print Cancel

6
cards to
a page



CALM



CARDS



CHILL OUT

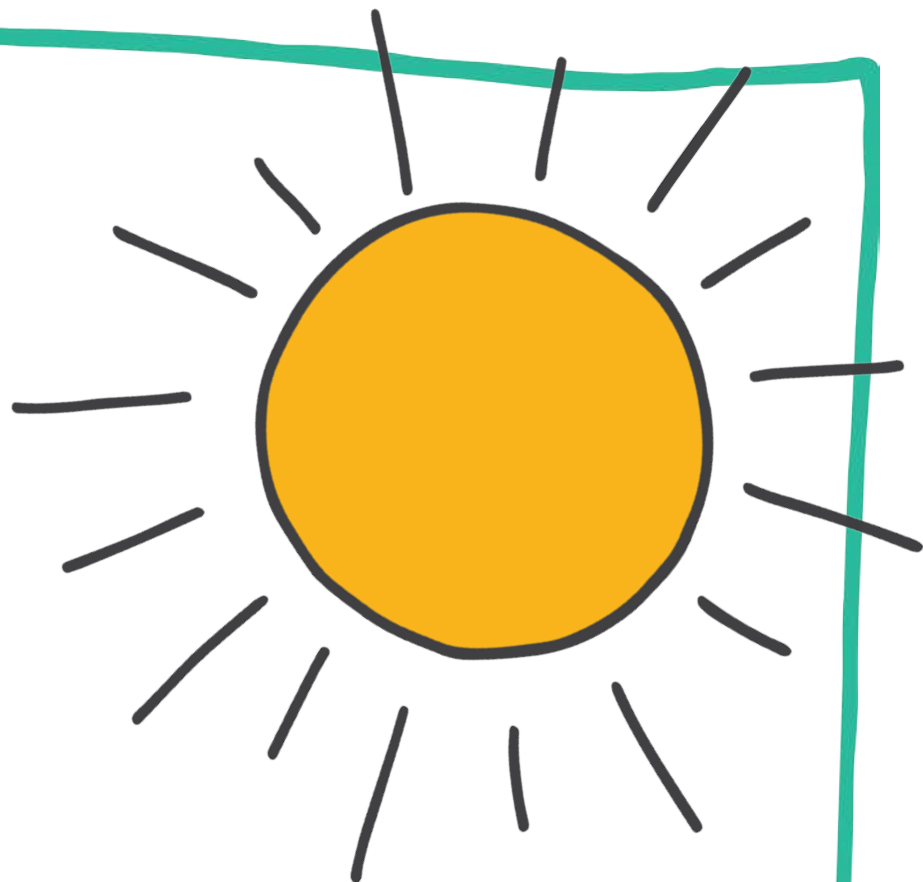


CARDS

CHEER
UP



CARDS



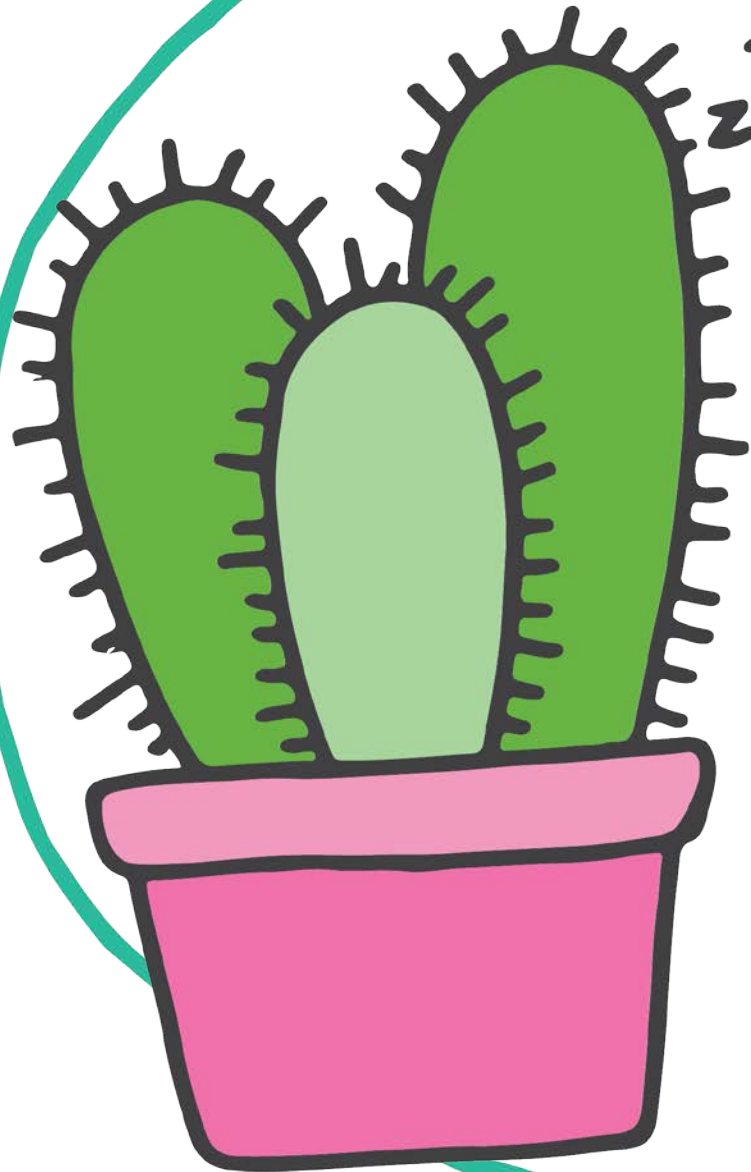


**Read
a
good
BOOK.**



**Listen
to**

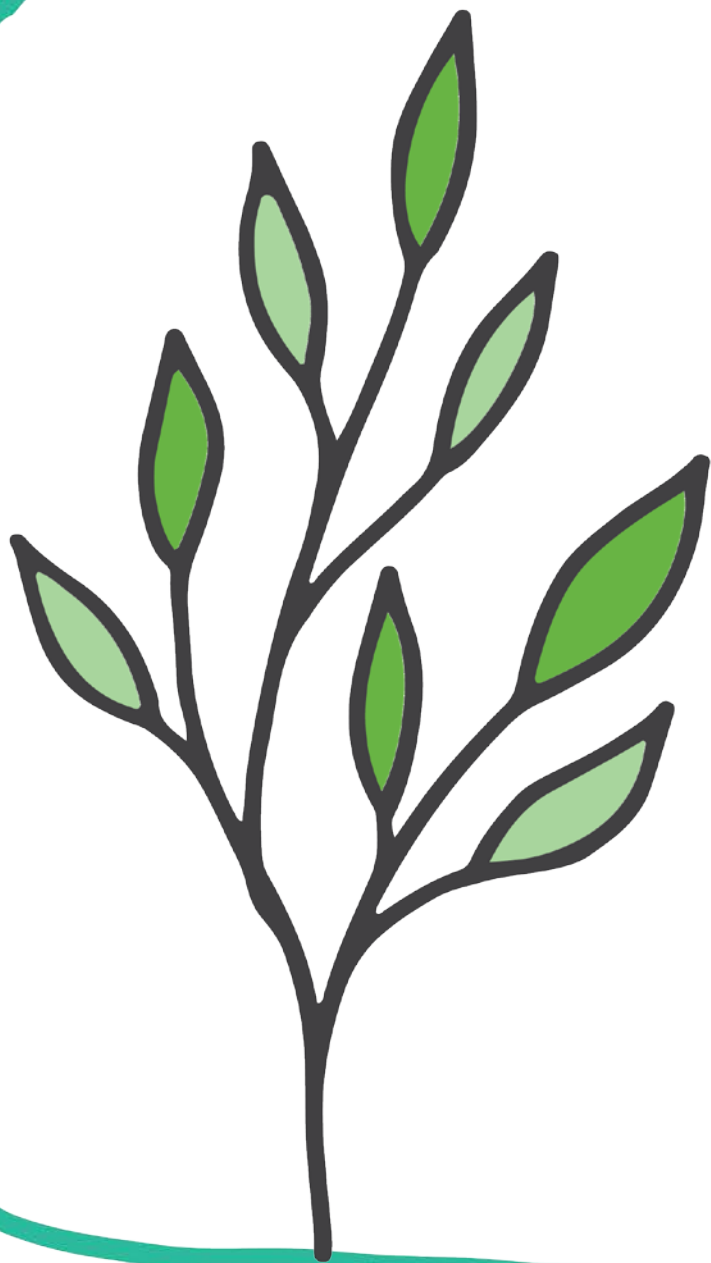
MUSIC.



**Place
hands
IN
POCKETS.**



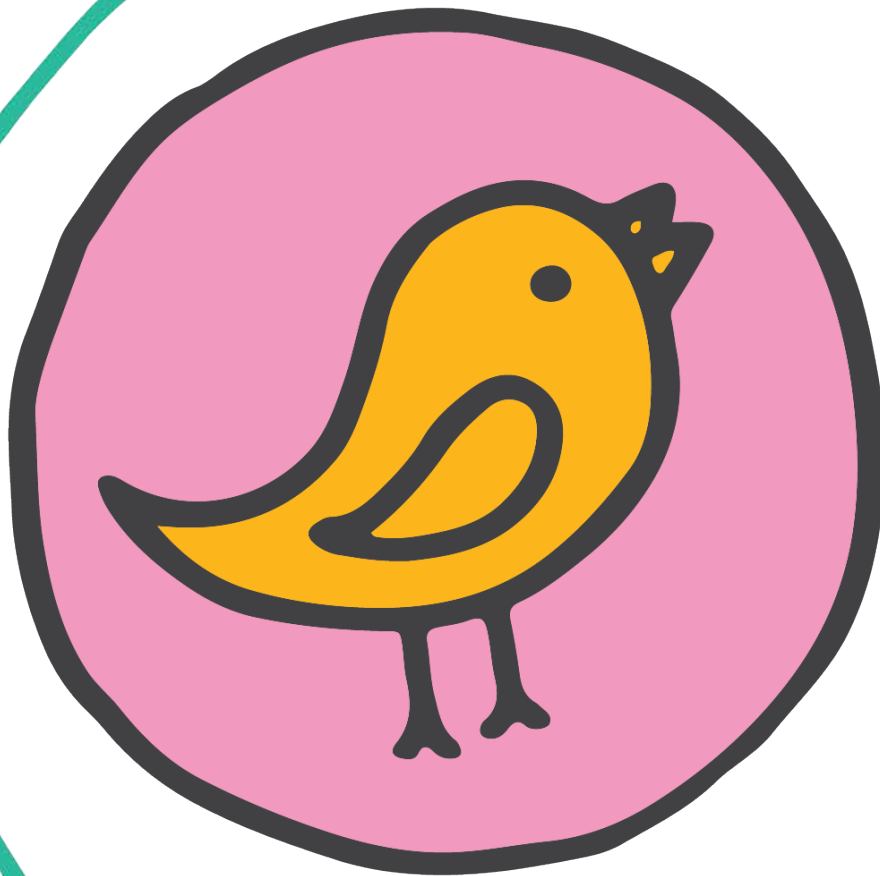
Count
1 TO 10
slowly.

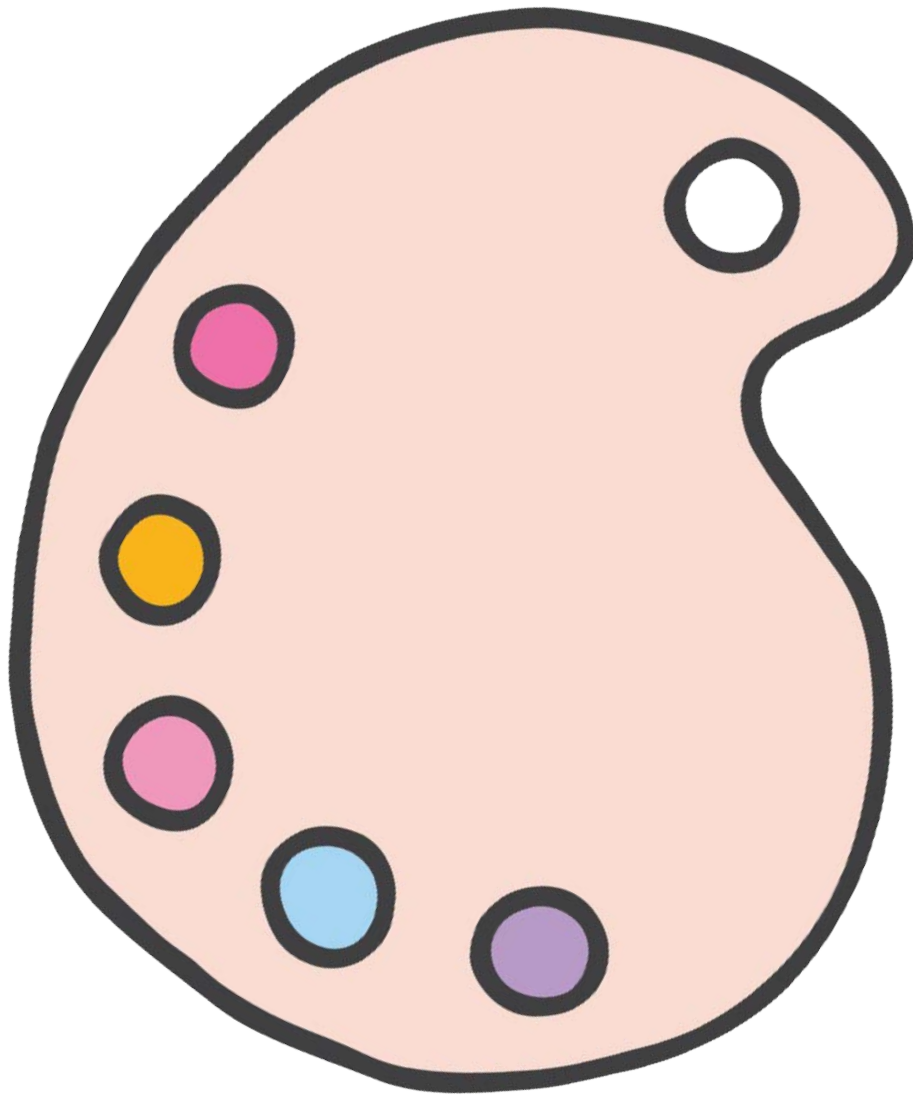


Take
DEEP
BREATHS.

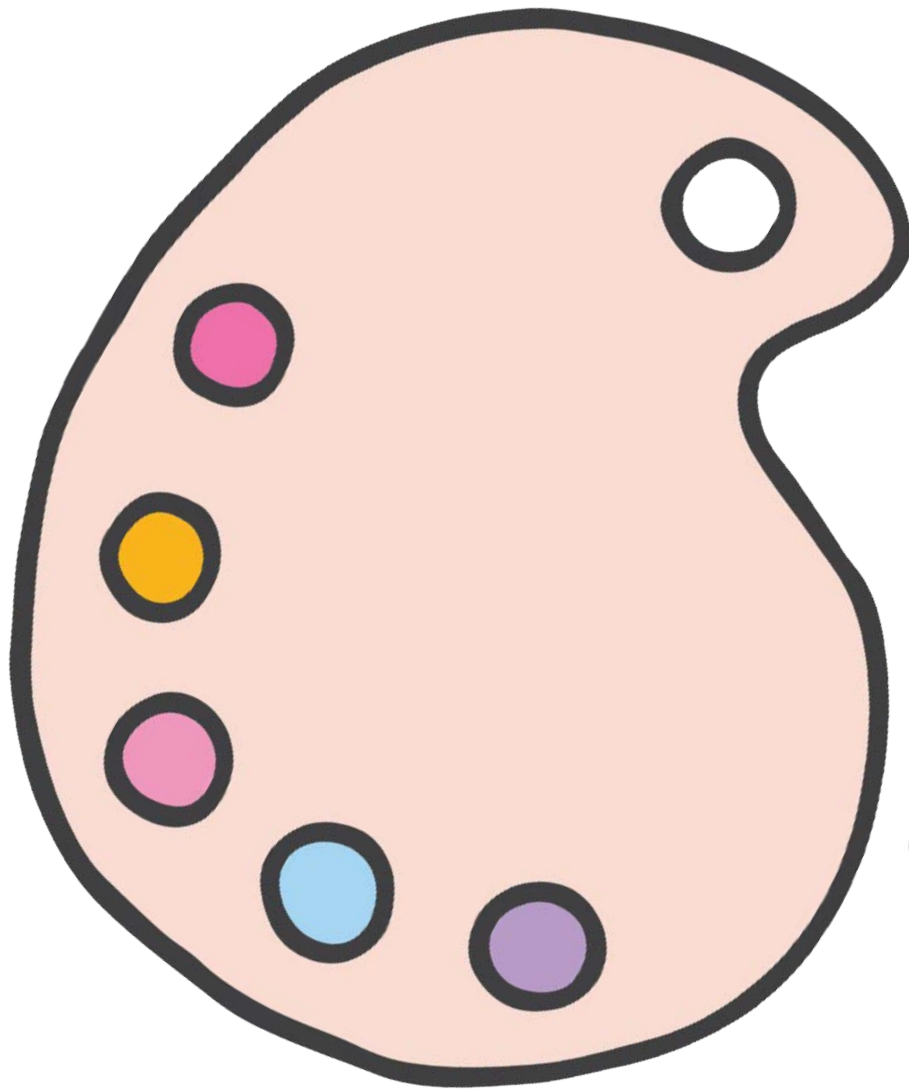
Hum

A
SONG.





DOODLE
or
COLOR.



DOODLE
or
COLOUR.



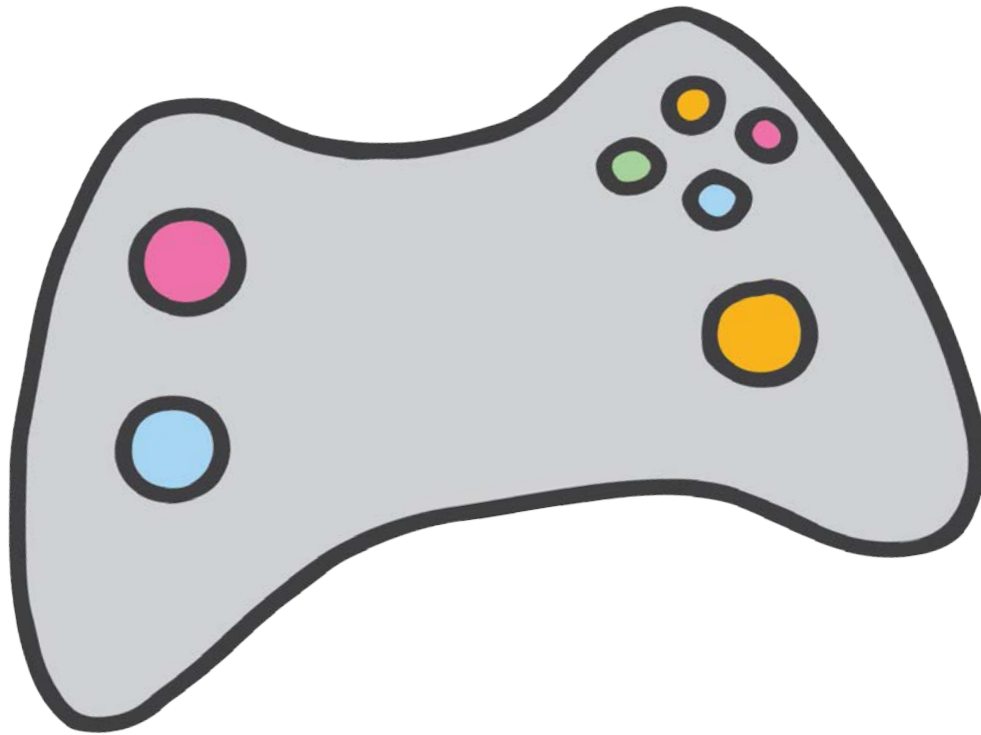
**Get
a
DRINK.**



**Take
a
BREAK.**



**Play
a
SPORT.**



**Play
a
GAME.**



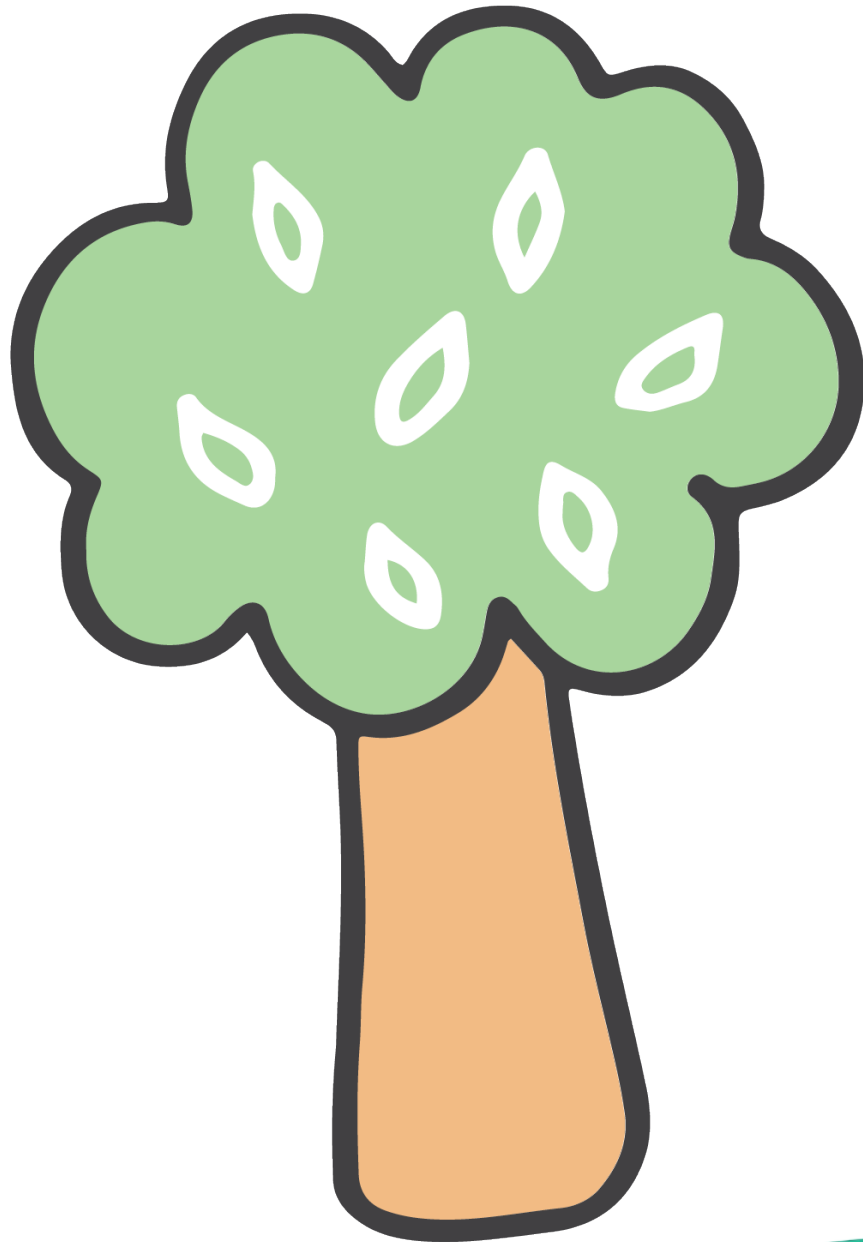
**Talk to
an
ADULT.**



Talk to

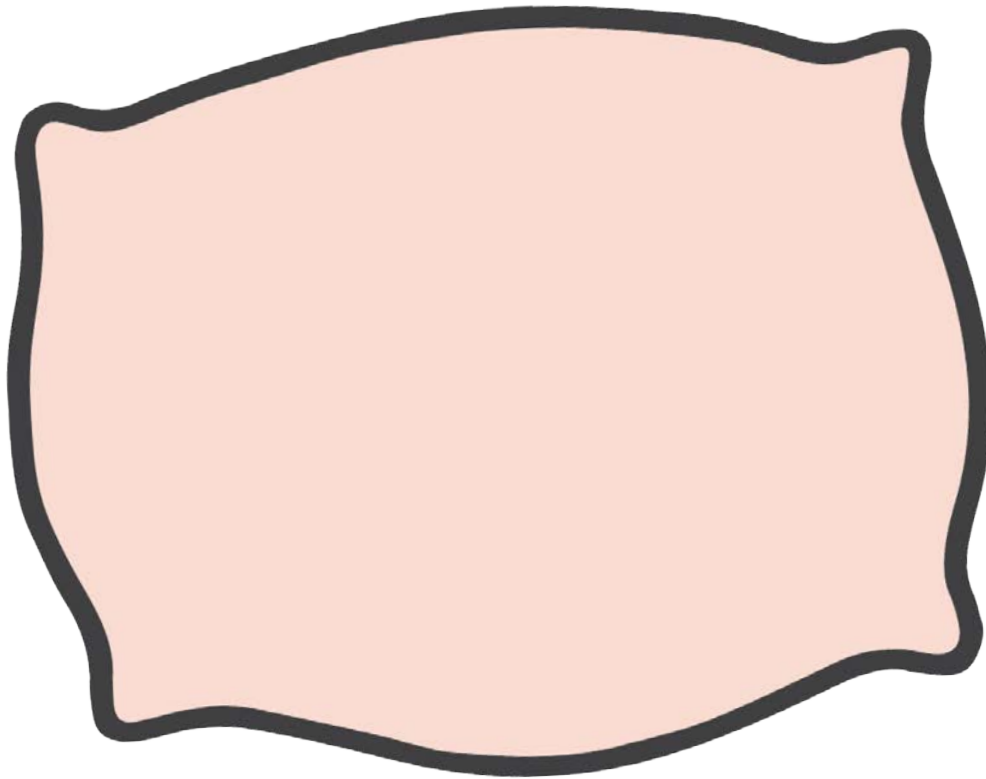
a GOOD

FRIEND.



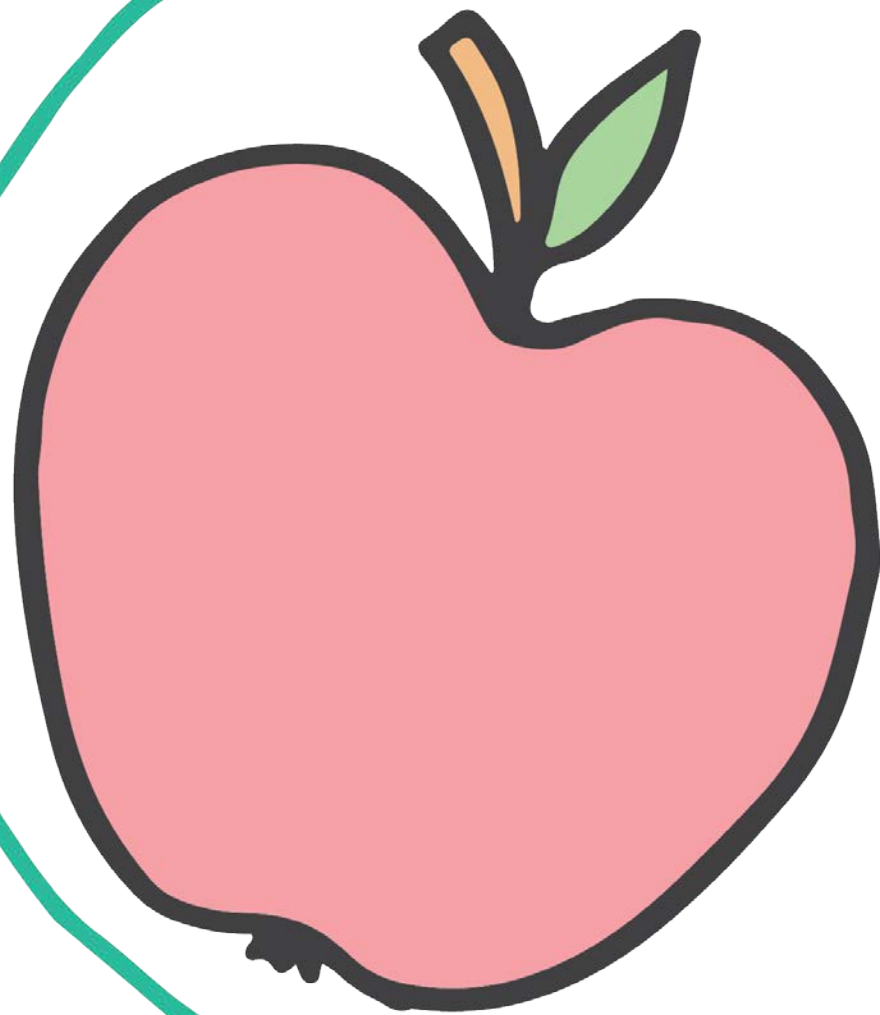
**Think of
a
PEACEFUL
PLACE.**

Take

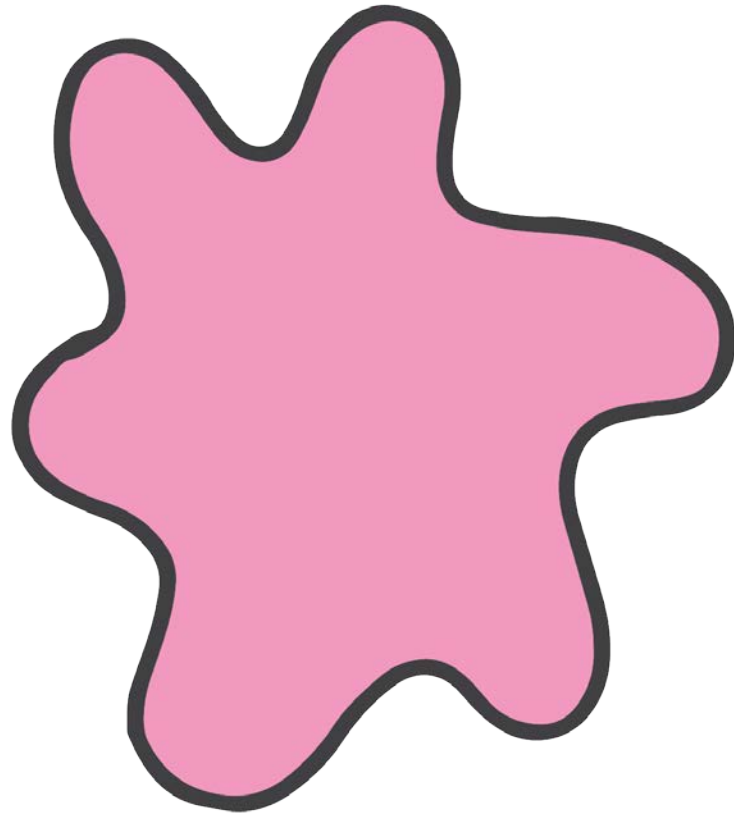


a

NAP.



**Have
a
SNACK.**



**Wash
my
FACE.**



Have
a
SHOWER.



**Take
a**

WALK.

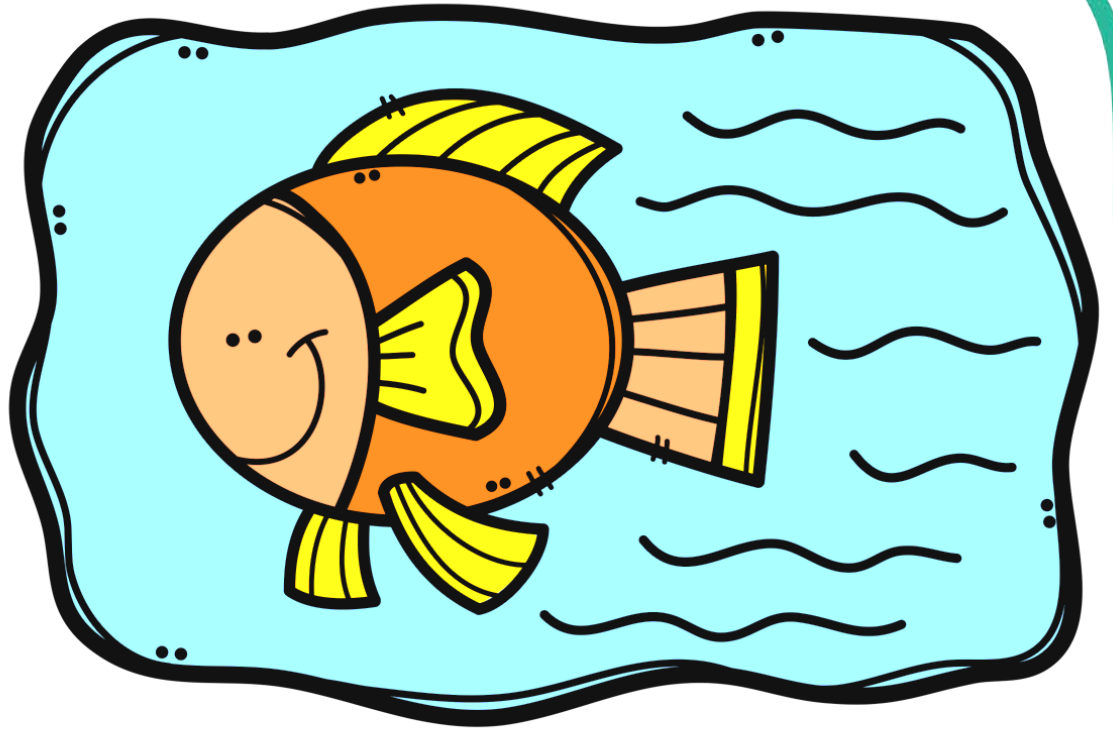


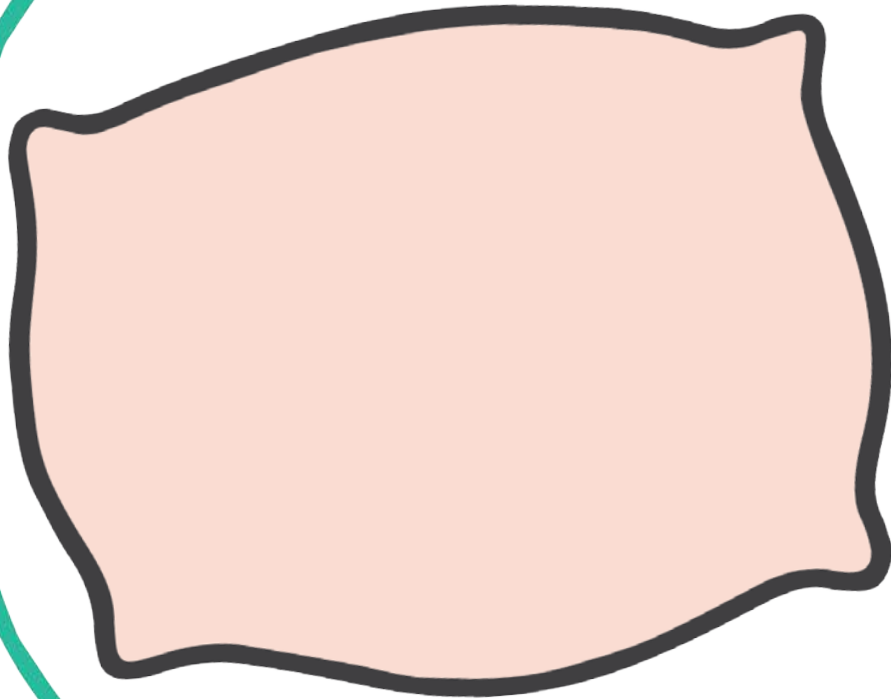
SIT **down**
and
CLOSE
my eyes.

Spend

time

with a PET.

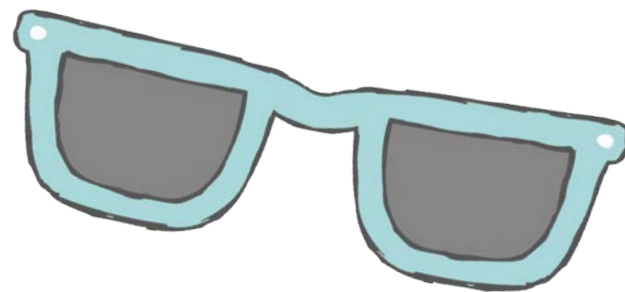




**Hug
a
PILLOW.**



Go



for a

JOG.

Squeeze

some

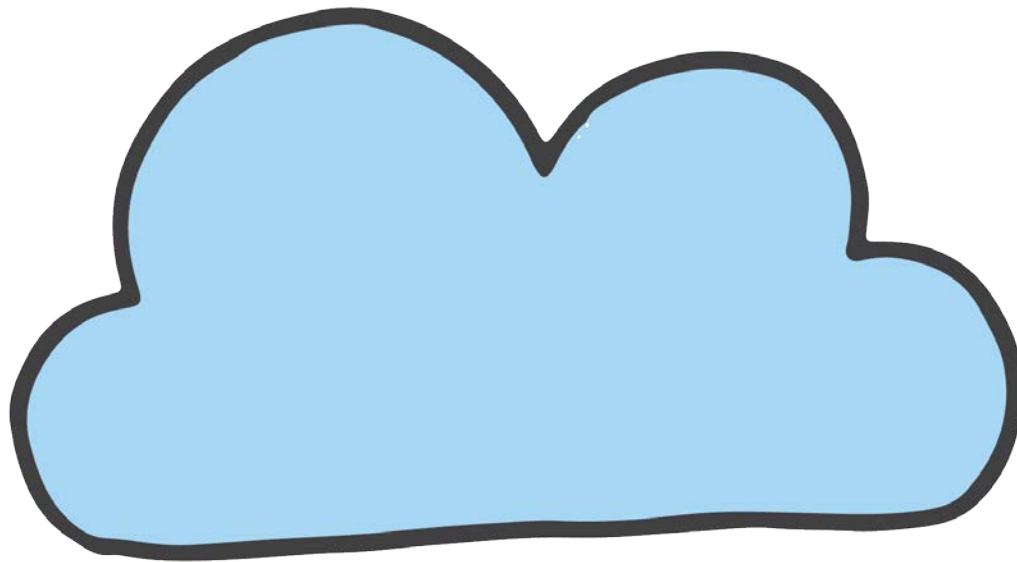
PLAY
DOUGH.



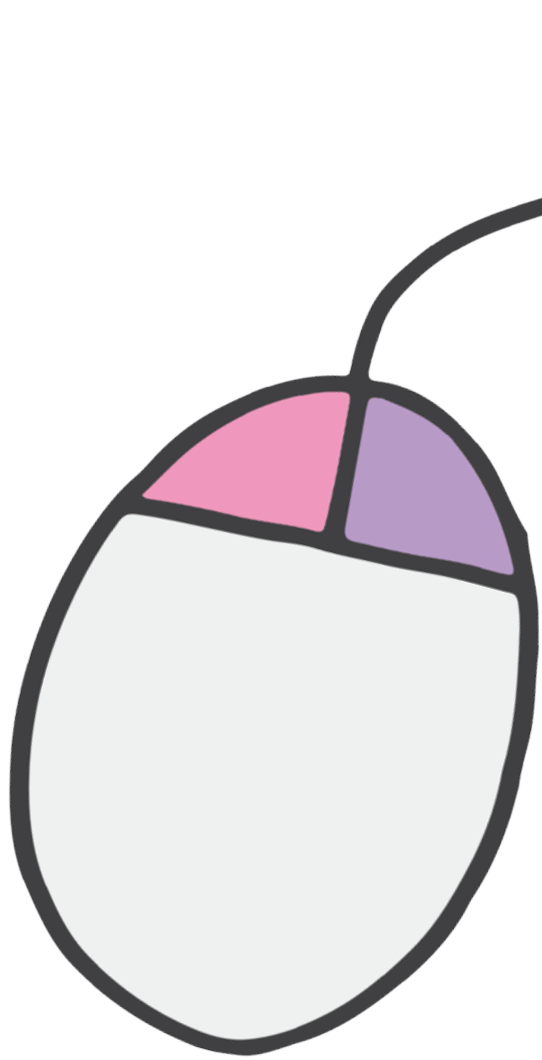
Look at



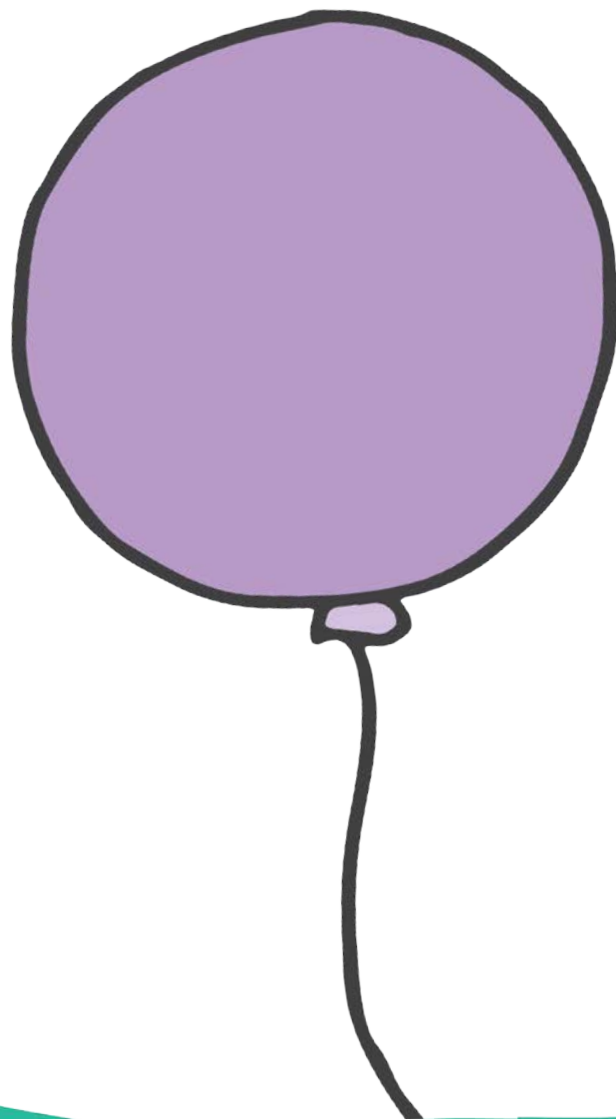
the



SKY.



Create
SOMETHING.



Walk
AWAY.



Chew

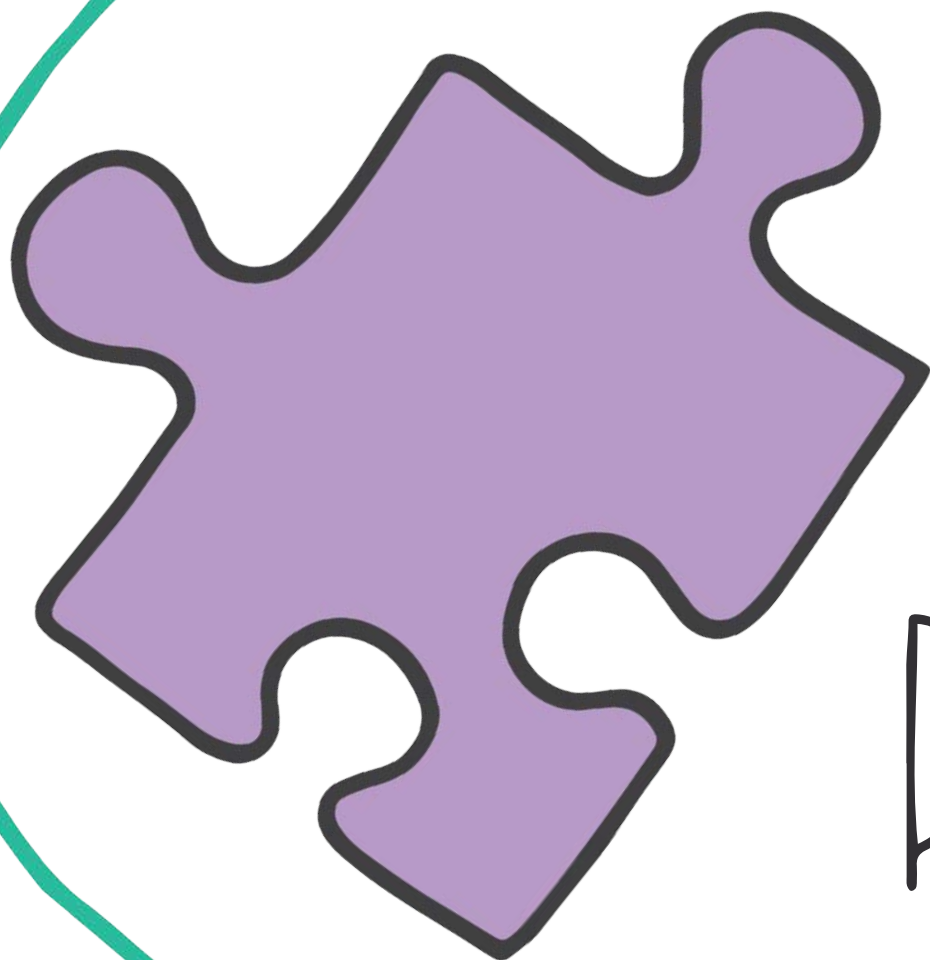
GUM.



Put my
HEAD
DOWN.



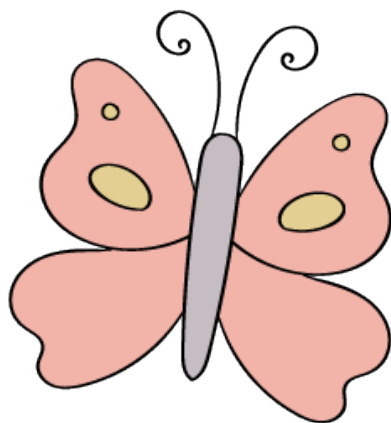
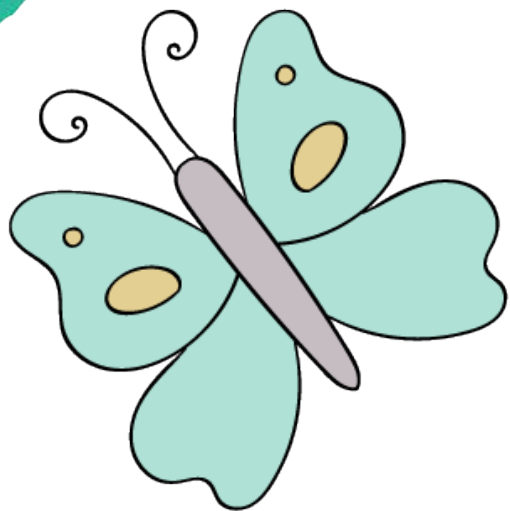
**Write
about
my
FEELINGS.**



**Work
on a
PUZZLE.**



Think of
a HAPPY
MOMENT.



Do some

JUMPING JACKS.



Think
HAPPY
THOUGHTS.



Relax
my
MUSCLES.



Play with a
FIDGET
SPINNER.



Hug a

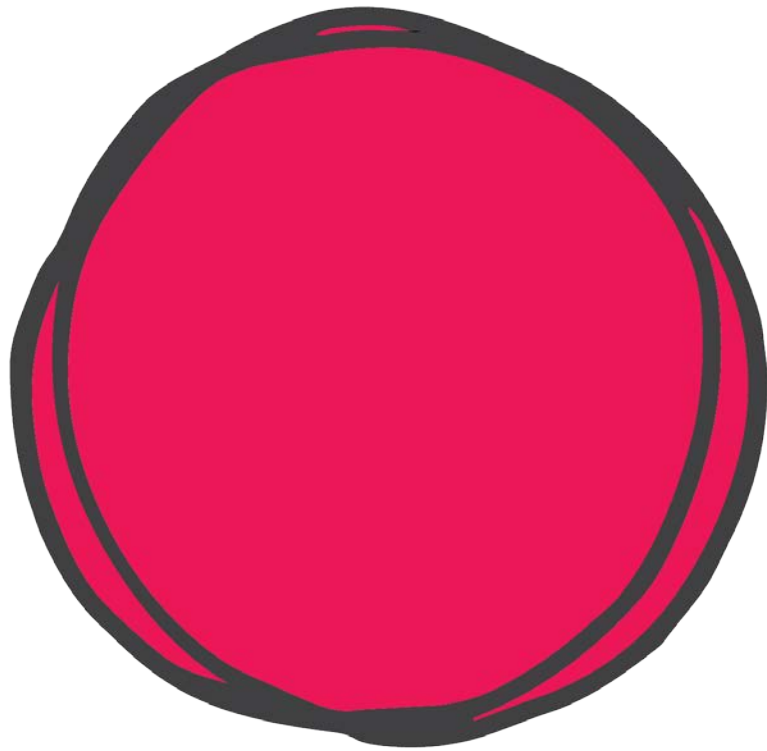
LOVED

ONE.

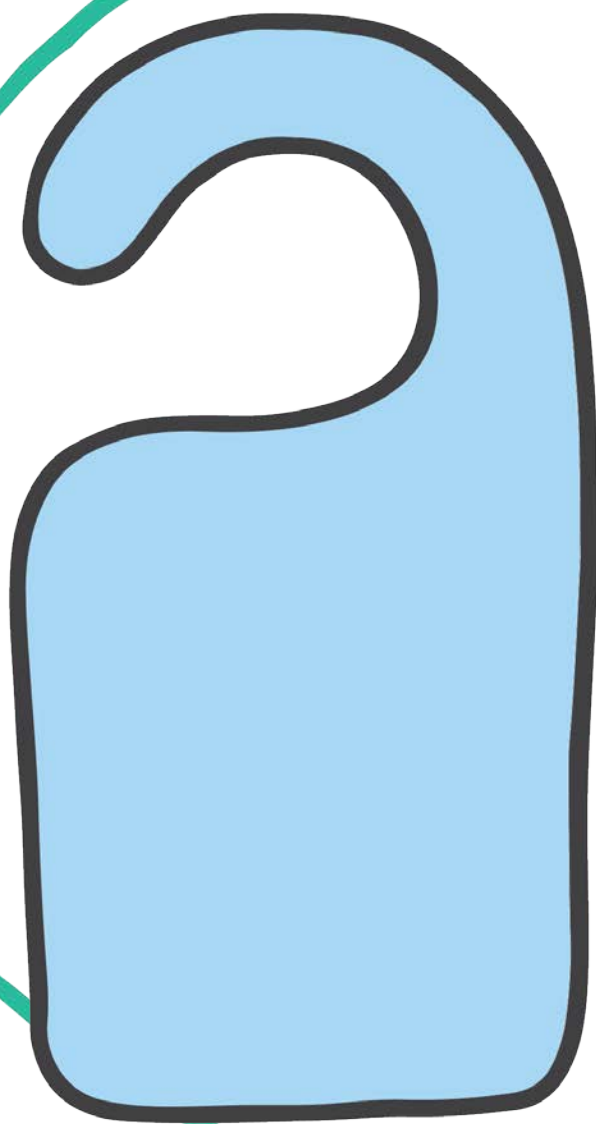


Hug a
SOFT
TOY.

Squeeze a



STRESS
BALL.



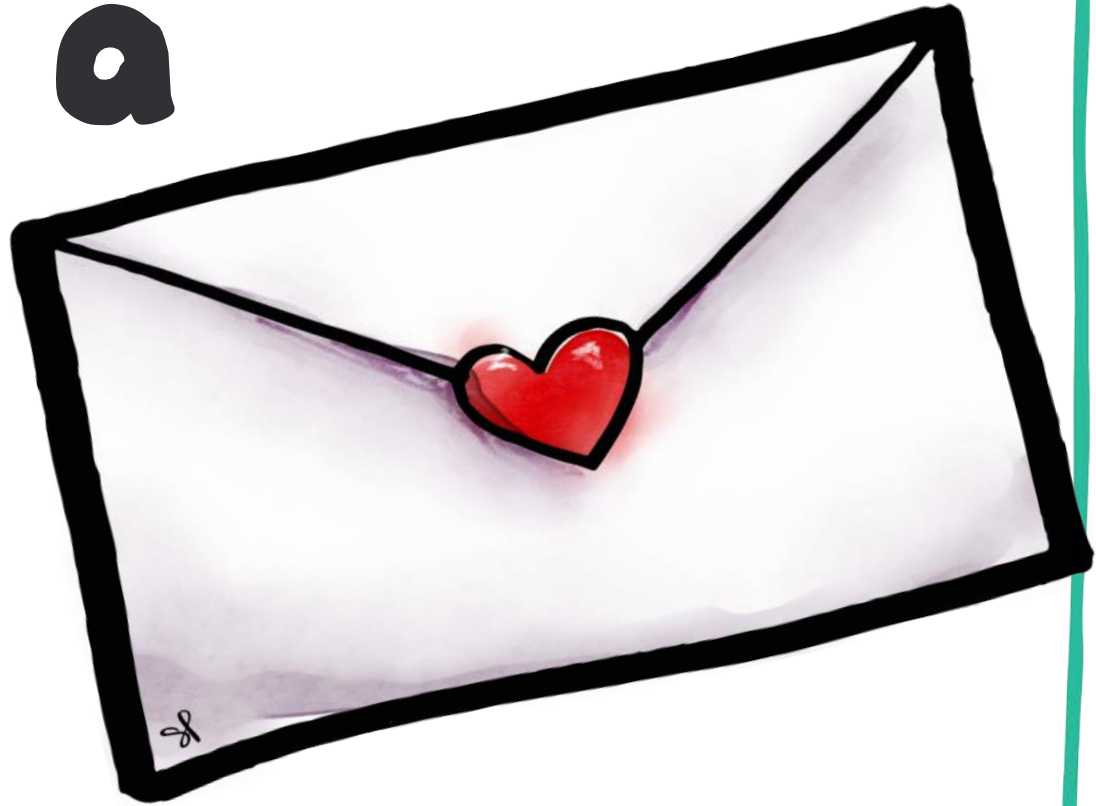
Rest in

**a QUIET
PLACE.**

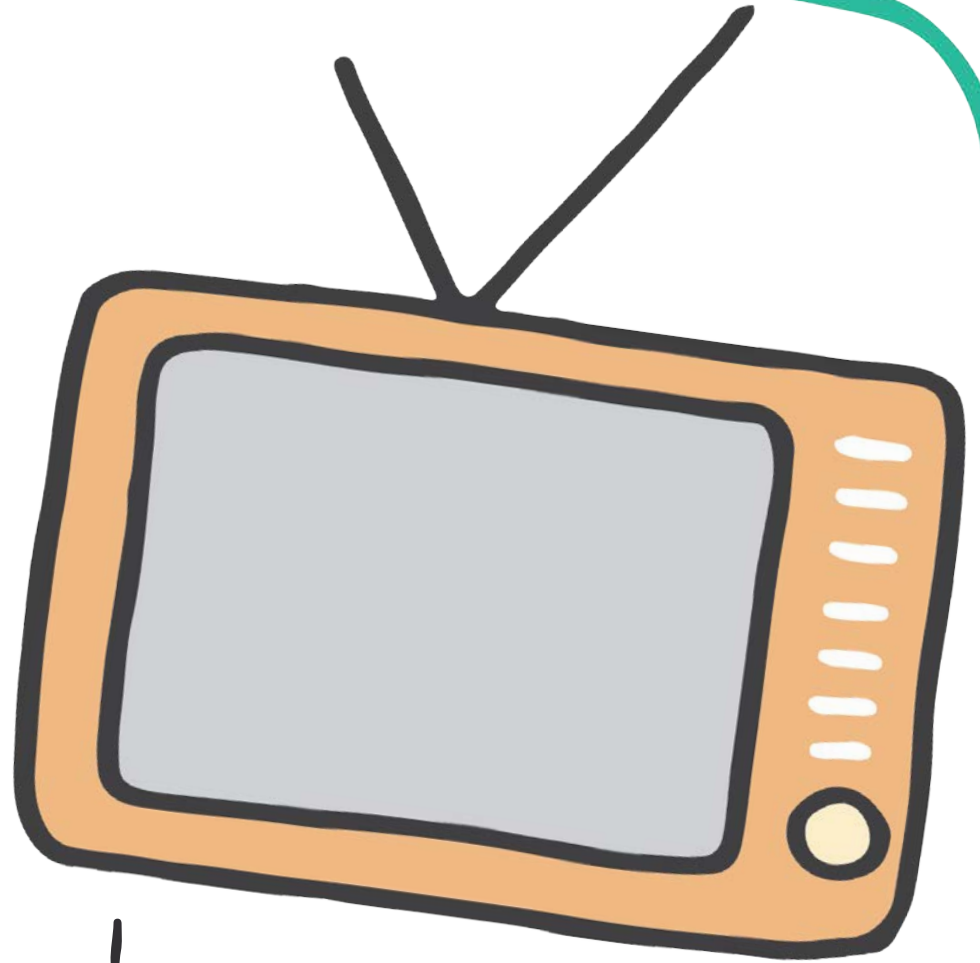
**Write a
kind**

LETTER

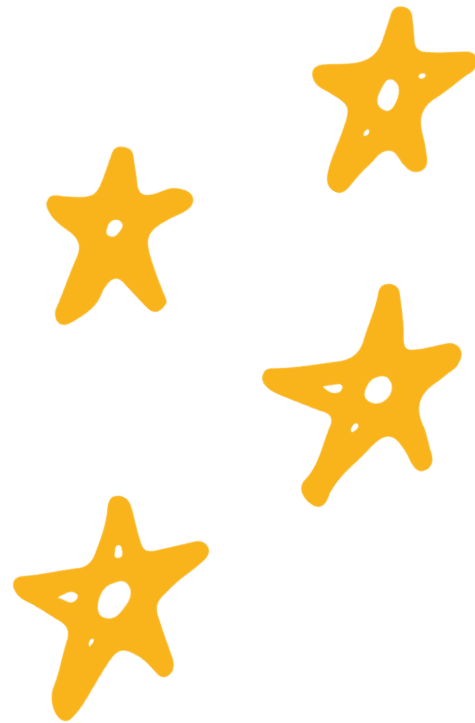
to myself.



Watch
a
FUNNY
SHOW.

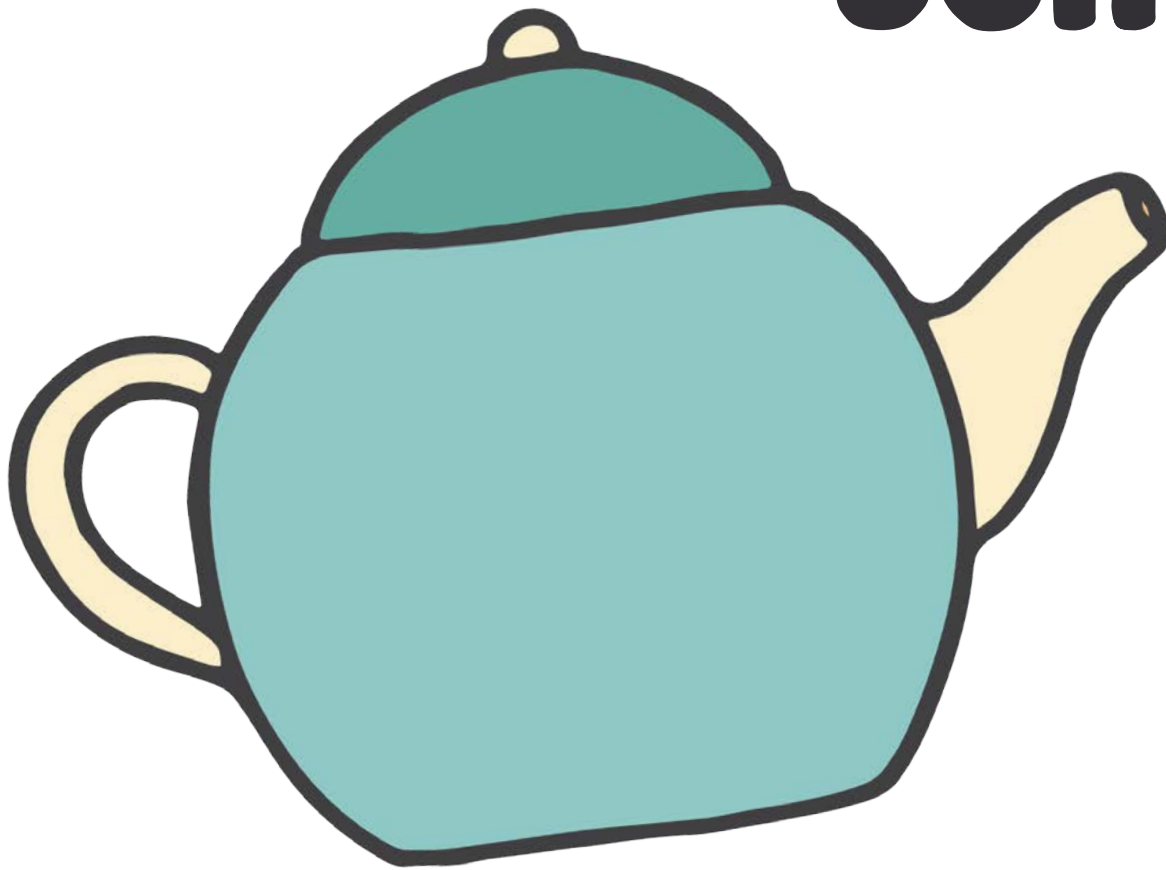


**Gaze
at the
STARS.**



Drink

some



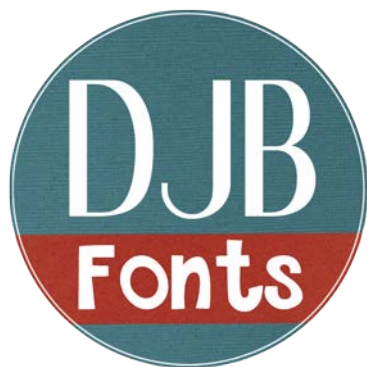
TEA.



Eat some

ICE
CREAM.

Graphics Credits





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