

My Daily Helper

Pink Bunny & Friends

Calming My Body



**A Social Story About
Using Safe Tools for Big Feelings**

1

I Have a Big Feeling



My heart may race, my muscles may tighten, or I may want to get away.

Ask Together

What does a big feeling feel like?



2

I Notice My Heart



I pause and notice what is happening inside my body.

Ask Together

Where do you feel emotions?



3

I Smell the Flower



I breathe in slowly as if I am smelling a flower.

Ask Together

Can you breathe in slowly?



I Blow the Candle



I breathe out slowly as if I am blowing a candle.

Ask Together

Can you make a long slow breath out?



5

I Squeeze Something Soft



A pillow or safe sensory item can help my muscles.

Ask Together

What soft item helps you?



I Stretch



I stretch my arms and body gently.

Ask Together

What stretch feels good?



I Use Quiet Sound



Headphones or calm music may help when sound feels too big.

Ask Together

What sounds help you feel calm?



I Ask for Space or Help



I can tell a trusted person what my body needs.

Ask Together

What words or pictures can you use?



I Give Myself Time



I can rest quietly. I do not have to fix everything at once.

Ask Together

Why can calming take time?



Great Job - I Am Ready!



When my body feels safer, I can talk, solve the problem, or take one next step.

Ask Together

What will your next step be?

