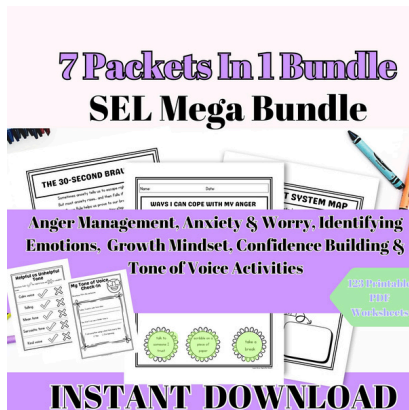


THANK YOU!

Thank you for visiting my account and for your recent download.

I hope this calm-down countdown resource meets your expectations and needs. It saves you time and is super helpful and fun for your students.

If you love this resource and you're looking for a structured, ready-to-use way to teach emotional intelligence, emotional regulation, anger management, growth mindset, social anxiety coping, identifying feelings, and tone of voice skills, this Emotional Intelligence Mega Bundle provides everything you need in one place.



[See What's Inside This Packet](#)

Terms of use

I have used graphics from some very talented graphic designers listed below. Due to license restrictions, this product is for personal and non-commercial use.

If you have questions regarding the terms of use please get in touch with me at

anna@learngrowaspire.com

Credits for clip arts:





Learn Grow Aspire is created by a homeschooling educator and curriculum designer specializing in practical Social Emotional Learning (SEL), coping skills, and confidence-building resources for kids and teens.

Each resource is intentionally designed to be structured, easy to implement, and adaptable for homeschool, classroom, and counseling environments.

The Learn Grow Aspire brand focuses on emotional regulation, resilience, communication skills, and real-world coping strategies that support both academic and emotional success.

ABOUT THE CREATOR - LEARN GROW ASPIRE

Hi, I'm Anna - the creator behind Learn Grow Aspire.

I'm a homeschooling mom of two who believes emotional skills are just as important as academic skills.

I started creating printable resources because I wanted simple, meaningful tools to help my two kiddos understand their feelings, build confidence, and learn real-life coping skills.

What began as resources for my own family evolved into Learn Grow Aspire. A platform where parents, educators, and counselors can discover practical, kid-friendly tools for emotional intelligence and learning.



xoxo Anna

For Parents and Teachers: How to Use This Activity

The Calm Down Countdown is a simple yet effective mindfulness tool that can help children self-regulate their emotions.

Here's how you can introduce and guide them through this exercise:

Model the Activity First - Demonstrate how to take deep breaths and engage the senses so children understand what to do.

Use a Calm Voice - Guide your students or child through the steps in a soothing tone to create a relaxed atmosphere.

Encourage Reflection - After completing the exercise, ask your students or child how they feel and what helped them the most.

Practice Regularly - Integrate this exercise into daily routines, such as after recess or before bedtime, to reinforce mindfulness habits.

Make It Fun - Allow your kids to use drawings, stickers, or storytelling to make the activity more engaging.

CALM DOWN COUNTDOWN: A MINDFULNESS PRACTICE

Instructions: When you feel frustrated, overwhelmed, or need a moment to calm down, try this calm down countdown exercise.

Focus on your breathing and your senses to help you feel more in control.

1

Take a Deep Breath

Breathe in through your nose for 4 seconds, hold for 4 seconds, and breathe out through your mouth for 6 seconds. Repeat this 3 times.

2

Engage Your Senses

Look around and focus on what you can see, hear, touch, smell, and feel.

Write or draw your answers. (Use the pages provided.)

3

Reflect

Journal on how you feel after doing step 2.

Practicing this exercise regularly can help you manage big feelings and develop self-control.

Try using it whenever you need a moment to reset!

STEP
2

ENGAGE YOUR SENSES

5 Things I Can See:

The form consists of five numbered oval frames, each designed for a child to write a list of five things they can see. Each frame is an oval with a double-line border. Inside each oval, there are two sets of double lines forming a shape like a 'C' or a 'U', one at the top and one at the bottom. Between these two shapes are two sets of double quotation marks, one at the top and one at the bottom, indicating where to write. The frames are numbered 1 through 5, with frames 1-4 in a 2x2 grid and frame 5 centered below them.

STEP
2

ENGAGE YOUR SENSES

4 Things I Can Hear:

1

2

3

4

STEP
2

ENGAGE YOUR SENSES

3 Things I Can Touch:

1

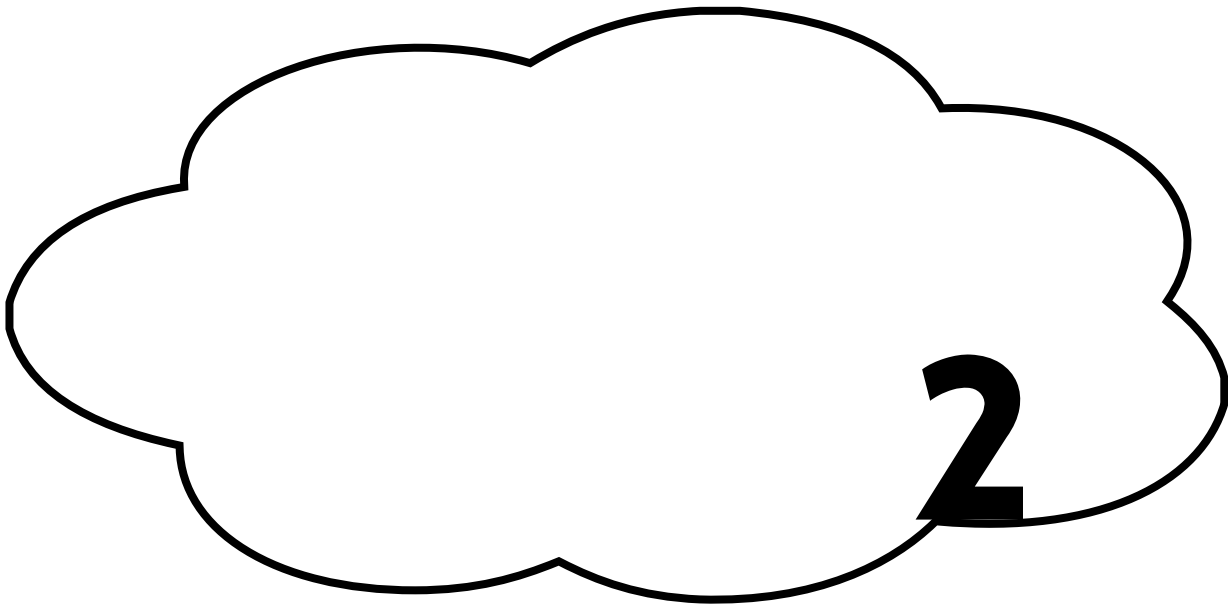
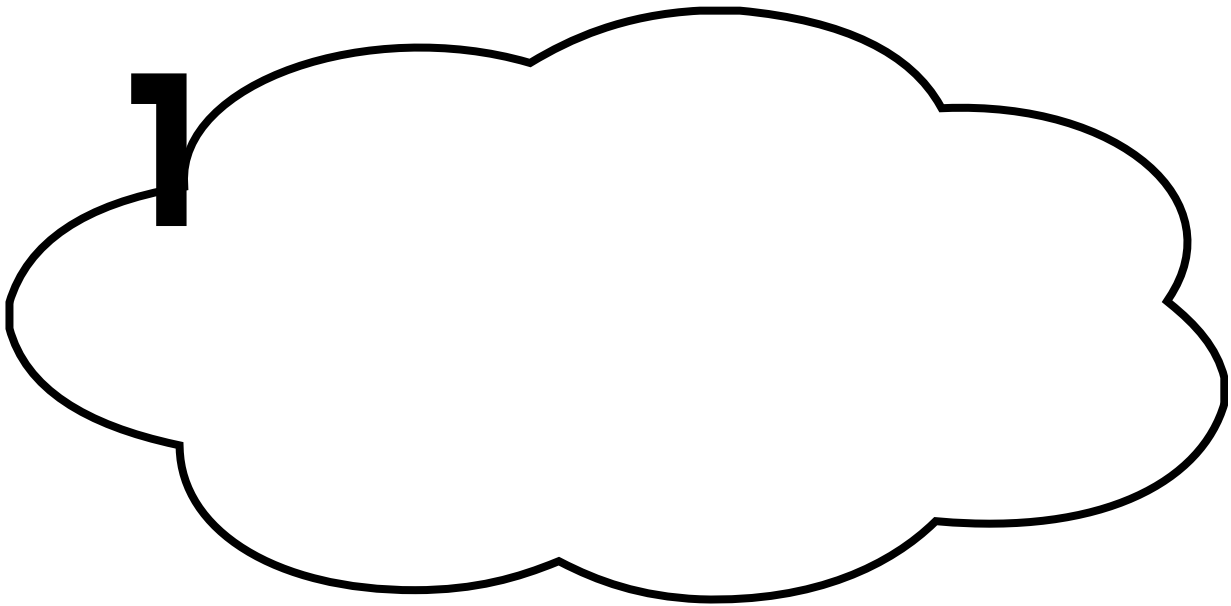
2

3

STEP
2

ENGAGE YOUR SENSES

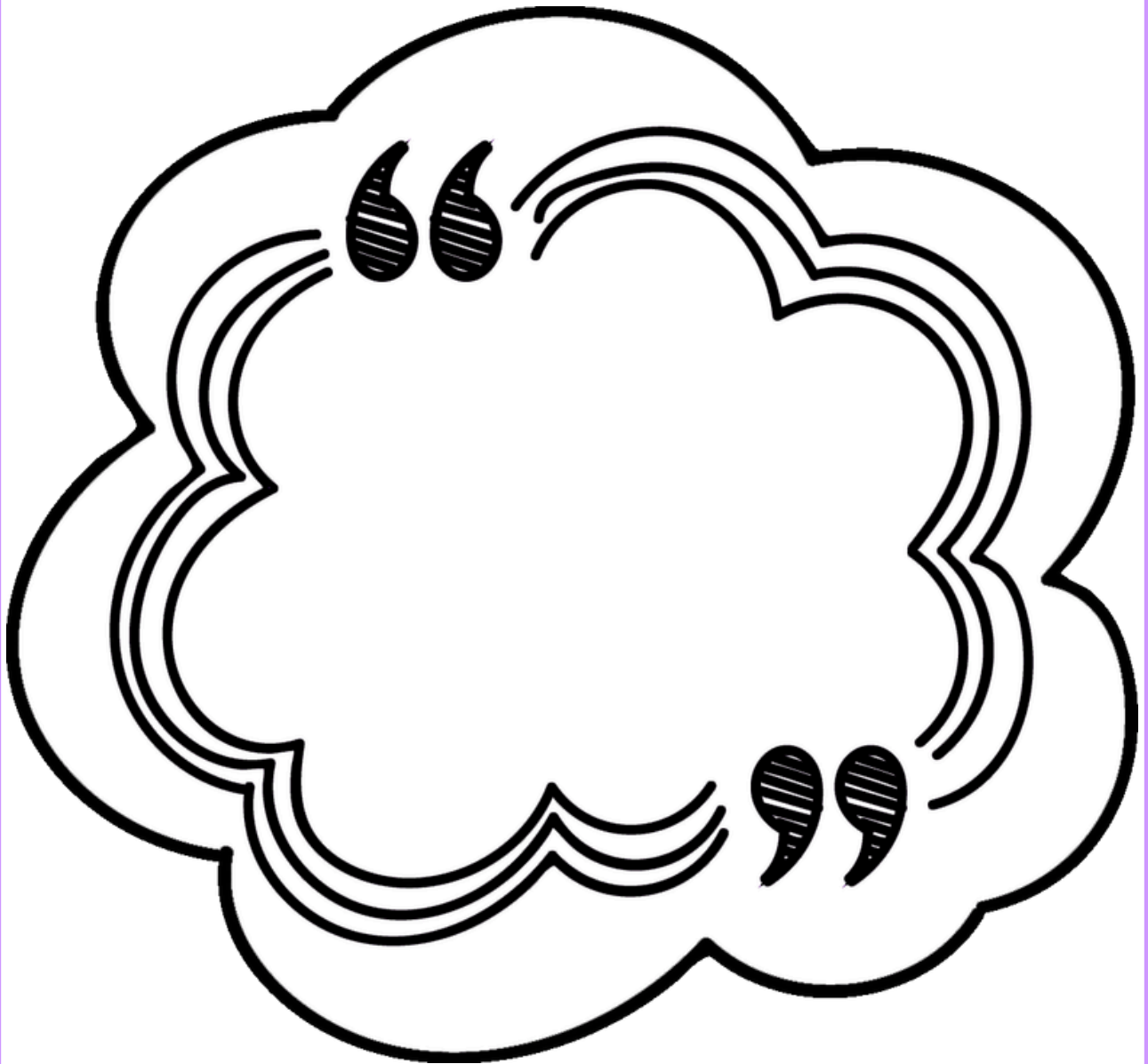
2 Things I Can Smell:



STEP
2

ENGAGE YOUR SENSES

1 Thing I Can Taste or Feel Inside:



STEP
3

REFLECT

How do you feel after completing this exercise? (Circle one)



Calm



Relaxed

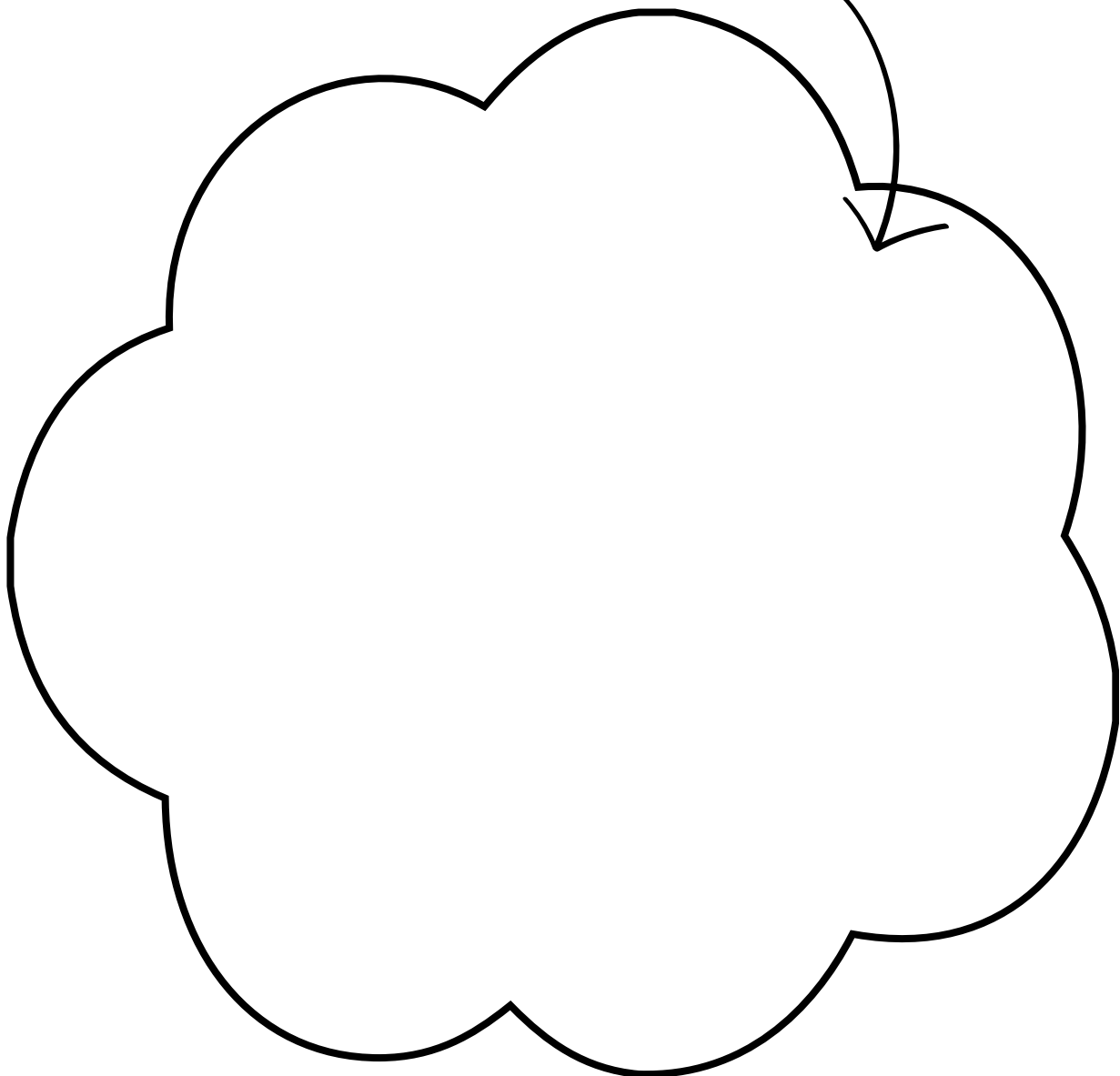


A Little Better



Still Upset

What can you do next to keep feeling calm?



BONUS ACTIVITY

Instructions: Draw a picture of yourself feeling calm and in control after using this mindfulness practice!

