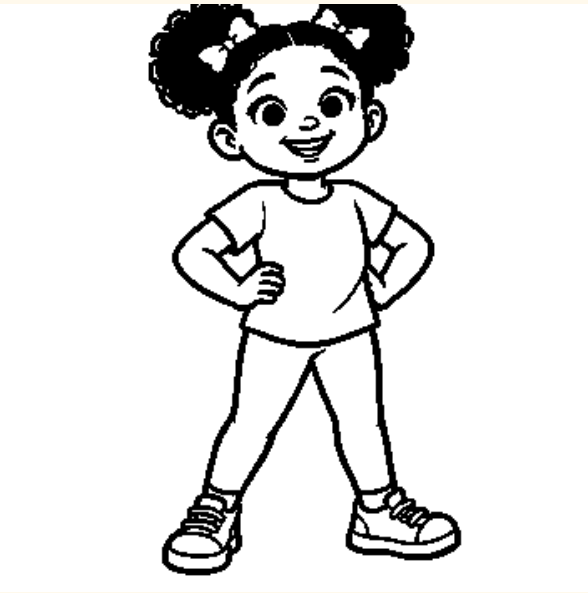
ALANNAH'S
CALM-DOWN
COLORING & ACTIVITY BOOK



Big Feelings - Brave Choices - Peaceful Moments

Ages 4-8

THIS BOOK BELONGS TO...



Write your name on the line.

I am learning how to notice my feelings, calm my body, and ask for help when I need it.

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A NOTE FOR GROWN-UPS

Color together. Practice when your child is already calm.

Big feelings are not bad feelings. They are messages. This book helps children name what they feel, notice body clues, and try simple calming tools.

Try this: Read one page at a time. Let the child choose colors. Practice the skill together. Praise the effort, not perfect calm.



Safety note: A calm-down tool does not replace professional care. If a child may hurt themselves or someone else, seek immediate help from a trusted professional or emergency service.

Helpful words: 'I am here.' 'You are safe.' 'We can take one small step.'

MEET ALANNAH

She has big feelings, just like you!

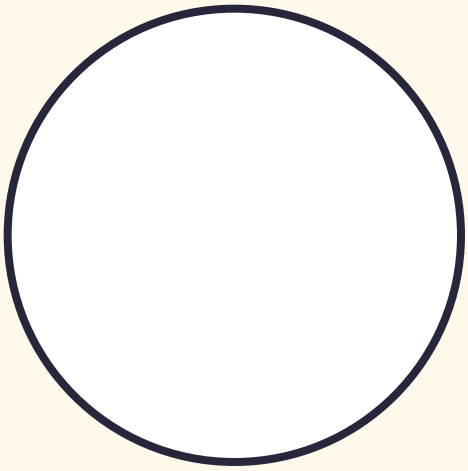


Sometimes Alannah feels happy. Sometimes she feels worried, sad, angry, or frustrated. She is learning that every feeling can visit - and every feeling can pass.

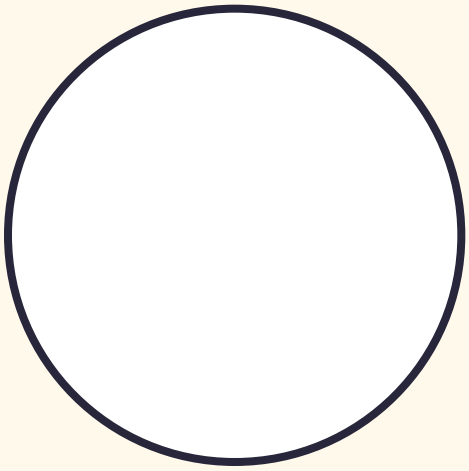
Color Alannah. Then say: "I can feel my feelings and still make a safe choice."

ALL FEELINGS ARE WELCOME

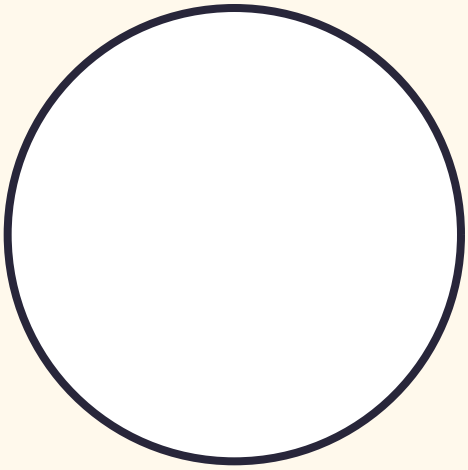
Draw a face in each circle.



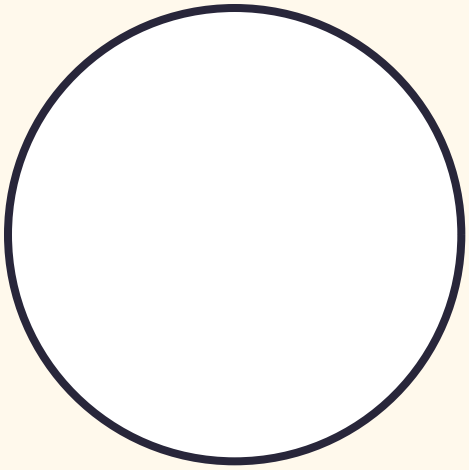
HAPPY



SAD



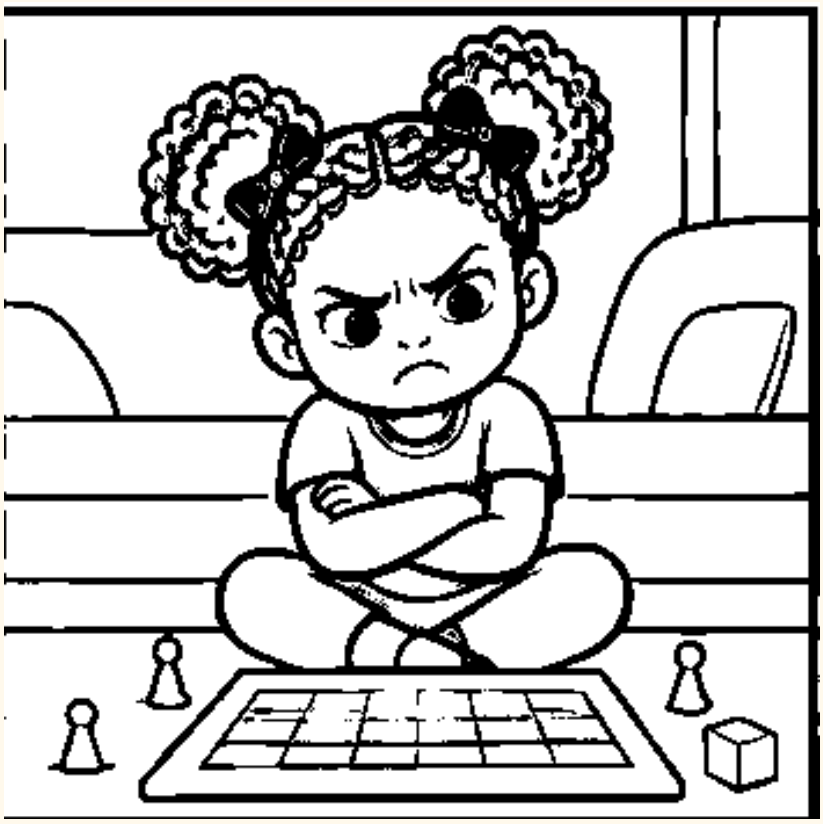
WORRIED



ANGRY

WHEN ANGER FEELS BIG

Color the picture. Circle the body clues Alannah might notice.



- ☐ Hot face
- ☐ Fast heart
- ☐ Tight fists
- ☐ Loud voice

Anger is a feeling. Hurting is a choice. Alannah can pause before she acts.

BALLOON BELLY BREATHING

Put one hand on your heart and one on your belly.



1. Breathe in slowly. Fill your belly like a balloon.

2. Hold for a tiny moment.

3. Breathe out slowly. Let the balloon get soft.

4. Try it three times.

SMELL THE FLOWER, BLOW THE CANDLE

A playful way to make your breathing slow.





Breathe in...

Breathe out...

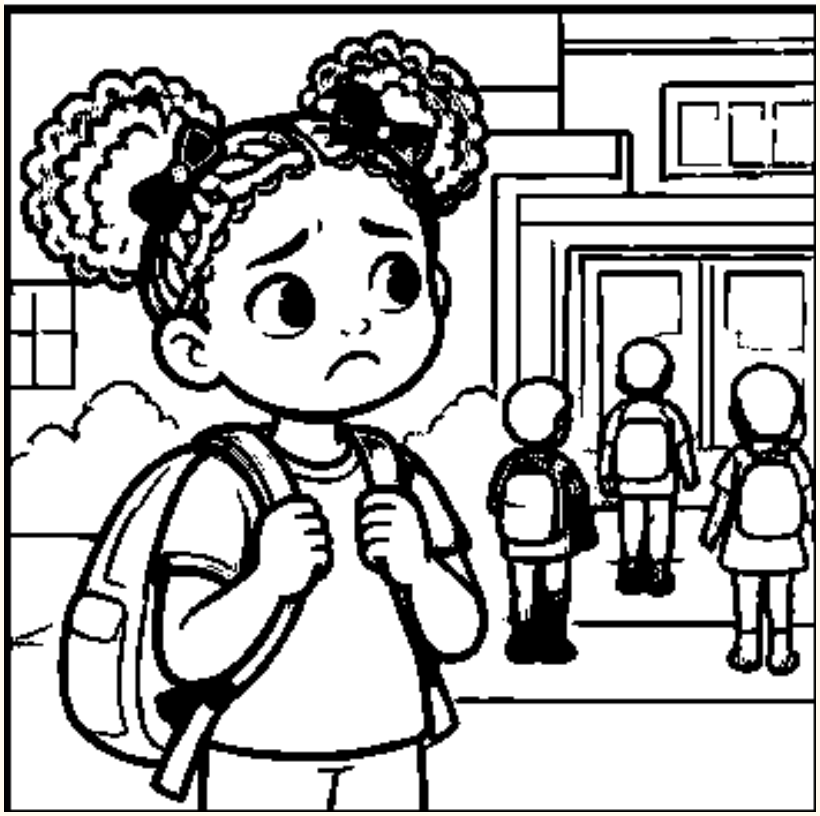
Pretend to smell a flower for 3 counts. Then gently blow out a candle for 4 counts. Repeat three times.

IN 1 2 3

OUT 1 2 3 4

WHEN WORRY SHOWS UP

Worry tries to protect us, but sometimes it guesses wrong.



Alannah can ask: "What do I know is true right now?"

Draw one thing that helps you feel safe:

THE 5-4-3-2-1 GAME

Use your senses to come back to right now.

5 **things I can see**

_____

4 **things I can feel**

_____

3 **things I can hear**

_____

2 **things I can smell**

_____

1 **thing I can taste**

_____

WHEN I FEEL SAD

Sad feelings may need comfort, tears, words, or time.



What could help Alannah?

- [ ] A hug
- [ ] Quiet time
- [ ] Talking
- [ ] Drawing
- [ ] A favorite song
- [ ] Something else

GIVE YOURSELF A GENTLE HUG

Your own arms can remind your body: I am here.



Cross your arms. Place your hands on your shoulders. Squeeze gently. Take one slow breath.

Say: "I can be kind to myself while this feeling passes."

WHEN THINGS DO NOT GO MY WAY

Frustration means: This is hard right now.



Color Alannah. Then finish the sentence:

I can try...

PAUSE AND COUNT TO TEN

Touch each number as you breathe slowly.



1	2	3	4	5
6	7	8	9	10

Can you count backward from 10 to 1?

WHEN THE WORLD FEELS TOO LOUD

Your body may need less sound, less light, or more space.



- [ ] Cover my ears
- [ ] Move to a quiet space
- [ ] Ask for a break
- [ ] Take slow breaths

Needing a break is not being bad. It is listening to your body.

DESIGN YOUR CALM CORNER

Color Alannah, then add things that help you feel peaceful.



What will you add? A pillow? Books? A stuffed animal? Headphones? A feelings chart?

Draw your calm corner here.

LISTEN FOR CALM

Some sounds help our bodies slow down.



- ☐ Soft music
- ☐ Rain sounds
- ☐ A humming voice
- ☐ Quiet
- ☐ Nature sounds
- ☐ A favorite song

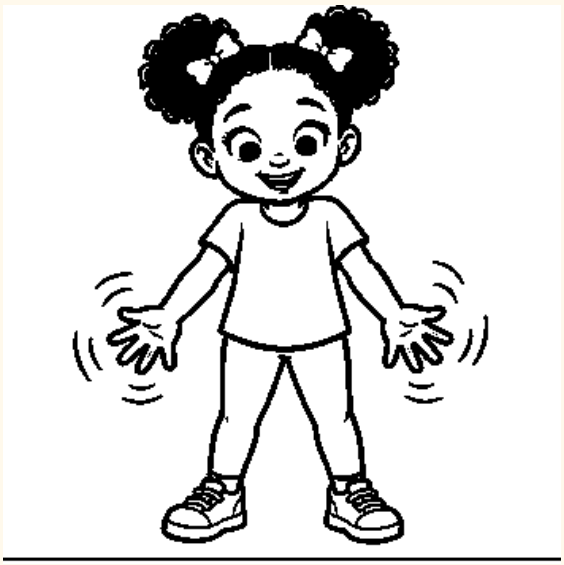
Circle the sounds you would like in your calm-down playlist.

MOVE THE FEELING THROUGH

Stretch, shake, then become still.



STRETCH UP HIGH



SHAKE IT OUT

Move safely for 10 seconds. Then freeze like a statue and notice how your body feels.

After moving, my body feels _____.

ASKING FOR HELP IS BRAVE

Trusted grown-ups can help us feel safe and solve problems.



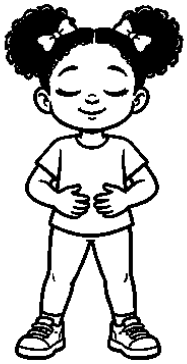
I NEED HELP, PLEASE.

CAN I HAVE A BREAK?

My trusted grown-ups are:

CHOOSE A CALM-DOWN TOOL

There is no single tool that works every time.



Breathe slowly

☐



Smell & blow

☐



Hug myself

☐



Count to 10

☐



Stretch

☐



Ask for help

☐

HELPFUL THOUGHTS

Trace the words. Say them out loud.

I AM SAFE RIGHT NOW.

I CAN TAKE ONE SMALL STEP.

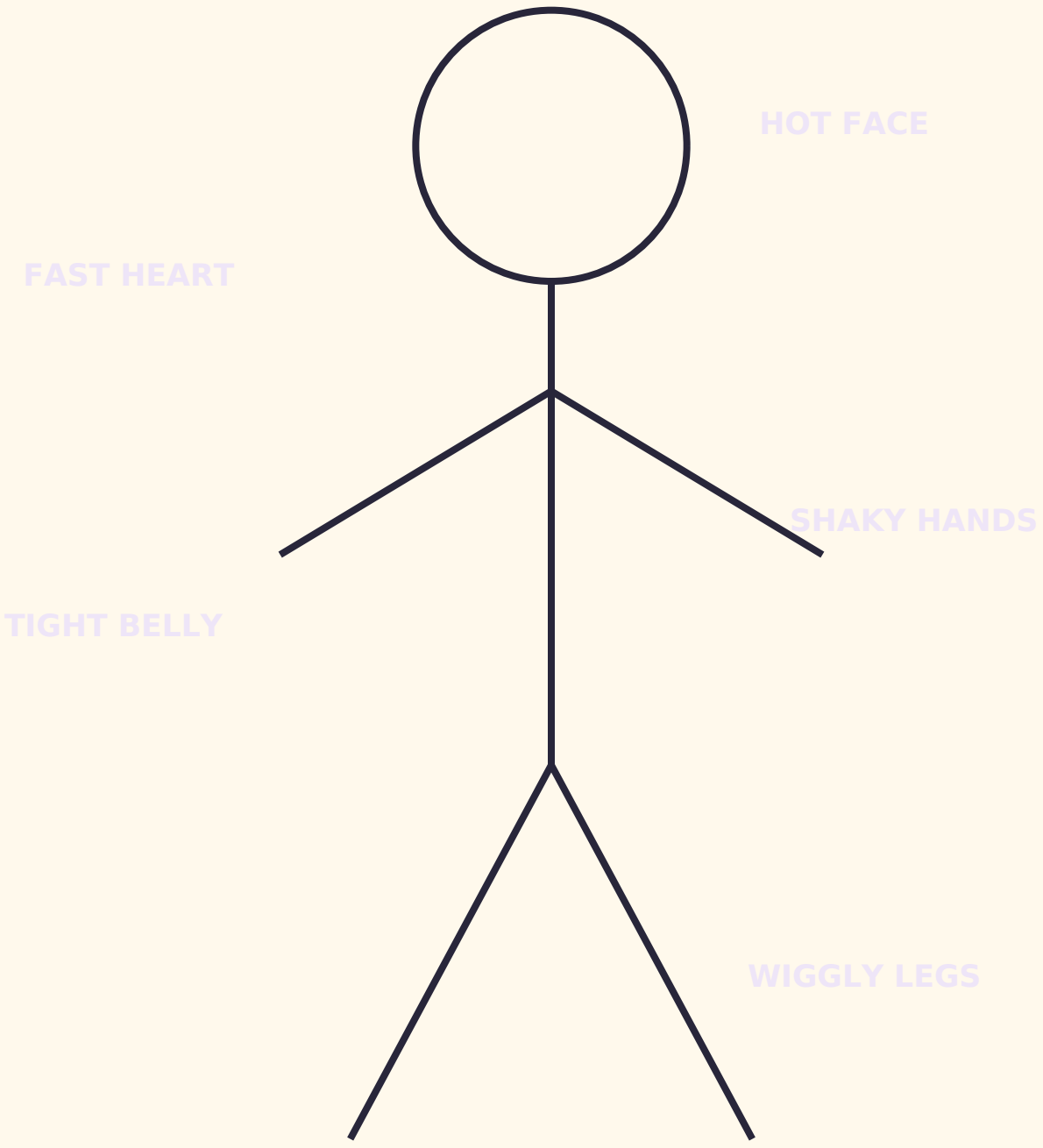
I CAN ASK FOR HELP.

THIS FEELING WILL PASS.

I AM LEARNING WHAT HELPS ME.

MY BODY GIVES ME CLUES

Draw or color where you notice big feelings.



Everyone notices different clues. Learning your clues helps you choose a tool sooner.

DRAW YOUR PEACEFUL PLACE

It can be real or imaginary.

What can you see, hear, smell, and feel in your peaceful place?

PACK A CALM-DOWN KIT

Draw four things you would put inside.

CALM TOOL 1

CALM TOOL 2

CALM TOOL 3

CALM TOOL 4

Ideas: crayons, a soft toy, headphones, a favorite photo, a sensory item, or a feelings card.

WHEN I AM READY

Calming down does not mean the problem disappears.



After Alannah feels steadier, she can try again, make a new plan, apologize, or ask for help.

Calm does not mean "never upset." Calm means "ready for the next safe step."

MY CALM-DOWN PLAN

A grown-up can help me fill this out.

When I feel _____

My body may _____

First, I will try _____

If that does not help, I can _____

I can ask _____ for help.

MY POCKET CALM CARDS

Color the cards. Ask a grown-up to cut them out.

BREATHE

In slowly. Out slowly.

GROUND

Name 5 things I see.

MOVE

Stretch and shake safely.

COMFORT

Hug myself or a soft toy.

TALK

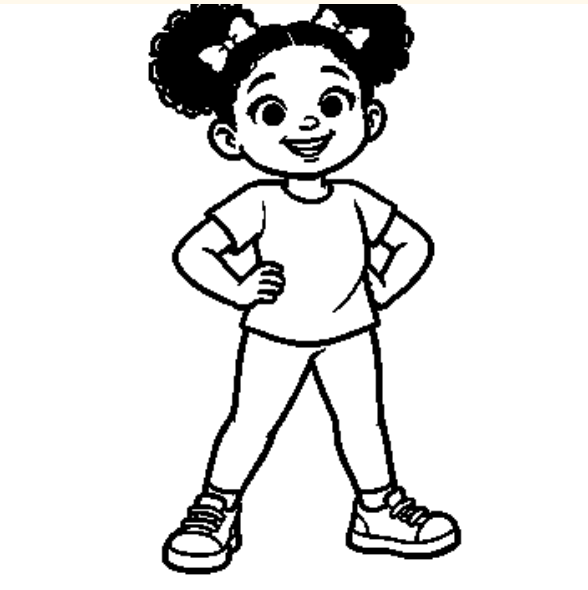
Tell a trusted grown-up.

PAUSE

Take space, then try again.

CALM-DOWN CHAMPION

Certificate of completion



This certificate proudly belongs to

_____

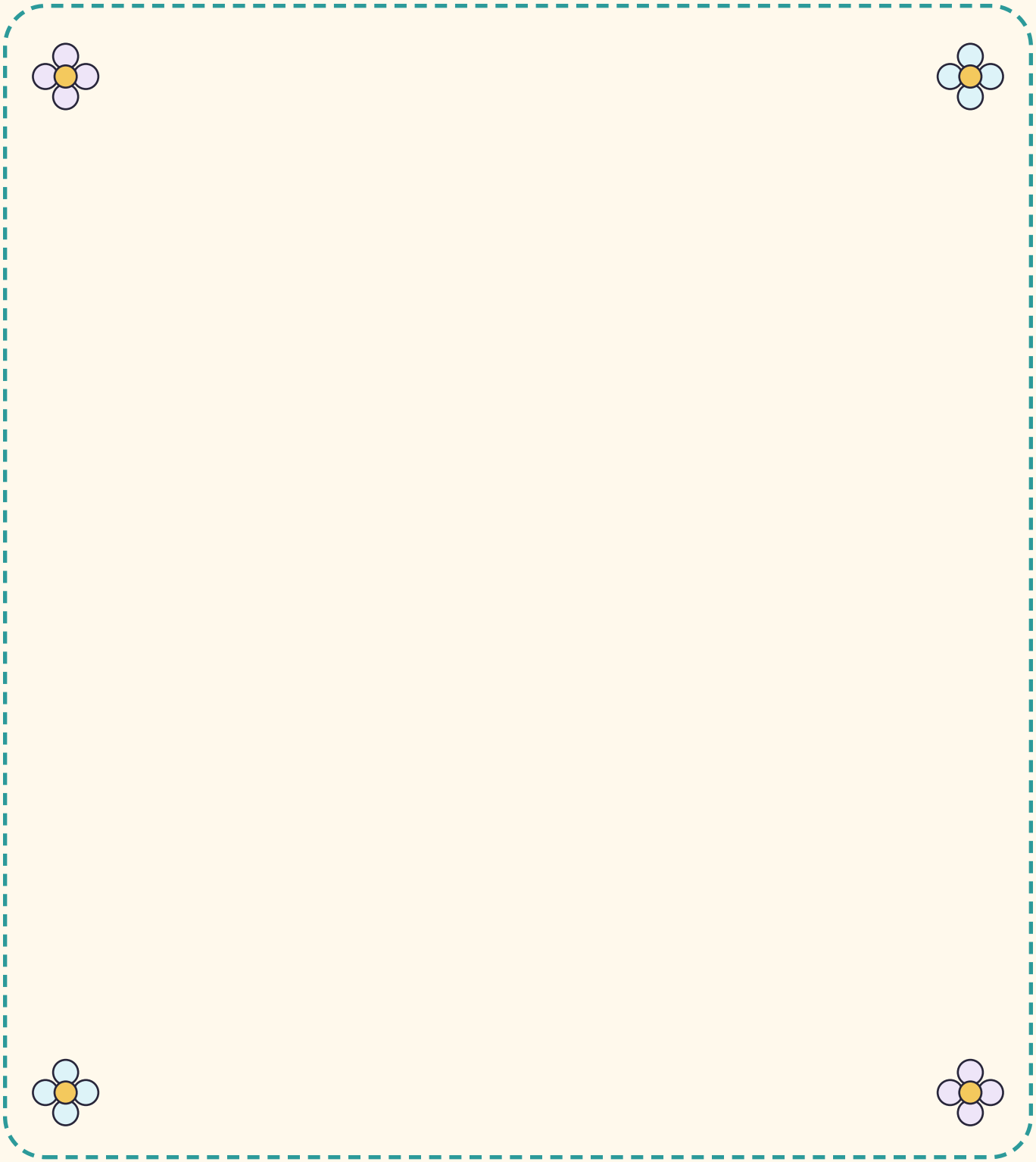
for practicing brave choices, kind words, and peaceful moments.

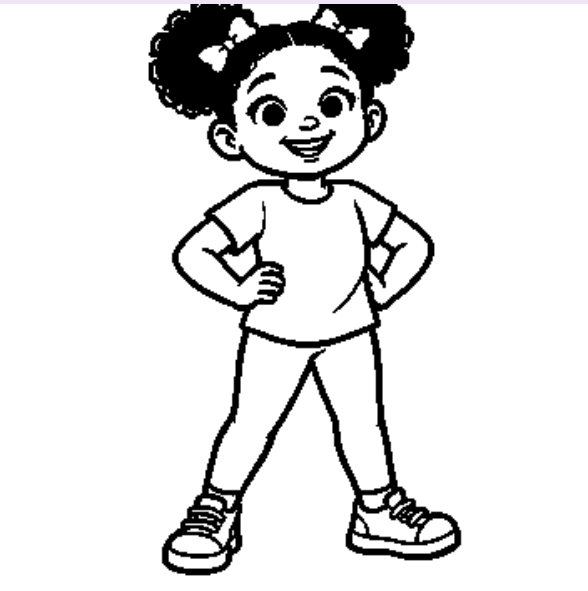
_____ _____

DATE GROWN-UP SIGNATURE

A QUIET DOODLE PAGE

Fill this page with shapes, colors, patterns, or peaceful thoughts.





YOU DID IT!

Every time you practice, your calm-down skills grow stronger.

Keep coloring. Keep breathing. Keep asking for help. Your feelings matter.