



# Calm Down Cards

7 Strategies for ADHD & Neurodivergent Kids



Meet the Zoomies:

Coach Calm • Zippy • Luna • Bounce • Lucy • Papi • Max

***"Every Brain Is Different,  
And That's What Makes Us Special!"***

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*Print on cardstock, cut out cards, and laminate for durability!*

# How to Use These Cards



## ■ At Home

- Keep cards in a calm down corner
- Let your child pick which card to try
- Practice when calm, so they're ready when needed

## ■ In the Classroom

- Create a calm down station with the cards
- Use as visual cues during transitions
- Refer to characters by name ("Try Coach Calm's breathing!")

## ■ For Therapy

- Use as conversation starters about feelings
- Match cards to specific challenges
- Send home as reinforcement

## ■ Tips for Success

- Practice when calm - not during meltdowns
- Let kids pick their favorite character
- Model the techniques yourself
- Make it fun - these aren't punishments!



## Turtle Breathing

*"Slow and steady calms the mind"*

1. Pull into your "shell" (hug yourself)
2. Breathe in slowly for 4 counts
3. Hold it... 4 counts
4. Breathe out slowly for 4 counts
5. Repeat 3 times

Use when: You feel overwhelmed or anxious



## Zoomie Jump

*"Get the wiggles OUT!"*

1. Jump up and down 10 times
2. Shake your arms like crazy!
3. Wiggle your whole body
4. Take 3 big breaths
5. Now sit down - feel calmer?

Use when: Your body won't stop moving



## 5-4-3-2-1 Grounding

*"Come back to the present"*

- 5 things you can SEE
- 4 things you can TOUCH
- 3 things you can HEAR
- 2 things you can SMELL
- 1 thing you can TASTE

Use when: Your mind is floating away



## Volcano Check

*"Catch it before it blows!"*

1. Hand on your tummy
2. Rumbling? (1-2-3)
3. Bubbling? (4-5-6)
4. About to EXPLODE? (7-8-9-10)
5. Use a tool BEFORE 10!

Use when: Big feelings are building up



## Wait & Count

*"Hold the words, find the pause"*

"Feel the rumble in your tummy"  
"Words are bubbling, feeling jumpy"  
"Hold them in and count to three"  
"1... 2... 3..."  
"Then your turn to speak freely!"

Use when: You want to interrupt



## Crest Check

*"Check your crest, feel your best!"*

1. Hand on top of your head
2. Is your "crest" up high? (stressed!)
3. Take 3 deep breaths
4. Shoulders down, crest down
5. Ahhhh... that's better!

Use when: Emotions feel too big



## Body Scan

*"Check in with your whole self"*

1. Close your eyes
2. Wiggle your toes
3. Feel your legs, tummy, arms
4. Relax shoulders & face
5. One big breath - you did it!

Use when: You need to reset