

# MAKE A CALM DOWN SANDWICH

Christopher's  
Calm-Down  
Sandwich

take 5  
deep  
breaths

calm  
walk

Write in  
journal

draw in

When children get angry or frustrated it can be hard to navigate those big feelings. They can use this coping strategy to help regulate and understand some of those emotions.

## Instructions:

- Brainstorm six things that make you feel happy or calm inside.
- Using coloured paper, create different sections of the sandwich
- Write down the different strategies that were brainstormed, one on each piece.
- Keep your calming sandwich aside for when you need the support.

## Learning Outcomes:

- Identifying Emotions
- Emotional Awareness
- Coping Strategies
- Self-Reflection
- Self-Regulation