

# About This Resource



**Helping Hands Creations** is a blog dedicated to creating a **free** library of resources for the autism and ADHD community.

# About the Author

**Sam** is a former special education teacher and curriculum writer.

She is also an AuDHD adult, married to a fellow AuDHD adult and has two AuDHD children.

She believes in creating resources by us for us and supporting her community.



# How to use the Card

## The Front



The front of the card is focused on the exercise and the emotion zone.

It's important to **STRESS** that it's okay to feel **ANY** feeling.

We just need to release our feelings in a way that doesn't hurt ourselves or others.

This card set has corresponding charts in the Helping Hands blog.

The 4 main zones are blue, green, yellow, and red emotions.

To learn more, please check out the HH blog.






# How to use the Card

## The Back

**When to Use** This is a tag system to help you quickly gauge if the card is a good fit for your partner.

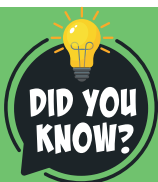
**Body double** helps the person supporting the card user.

Demonstrating is just as important as the exercise itself

<b>When to use this card?</b> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> High Energy <input checked="" type="checkbox"/> Controlled release <input checked="" type="checkbox"/> Impulse redirection
<b>Body Double</b> As you scribble with your partner, make "oo oo aah ahh" sounds and show your best angry monkey face.	
<b>Mentor</b> Ask how scribbling feels different than yelling. Drawing helps us express big emotions in a safer way, for us and for others.	
 <b>DID YOU KNOW?</b> Turning big feelings into art is a kind of reframing. It helps you choose a safer, creative way to express emotion.	

**Mentor** section shows the adult modeling metacognitive skills, such as: mindfulness, reframing, and self-reflection.

It's okay if your child just listens or watches—modeling still helps, even without active participation.



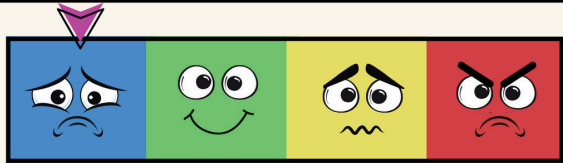
Extra knowledge and tips to use in day to day interactions.

## Blue Zone

### Bear Hug

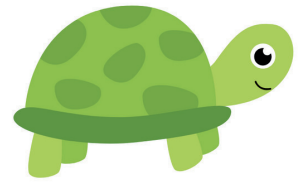


The bear got a little bump.  
Help him feel better with a  
calm, gentle hug.

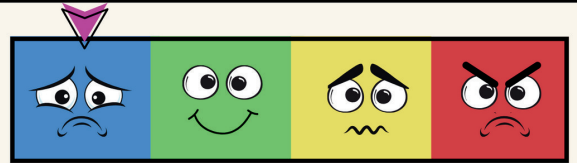


## Blue Zone

### Shell Magic

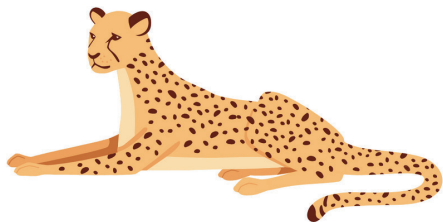


Your shell is your safe  
place. Curl inside and let  
your worries bounce away.

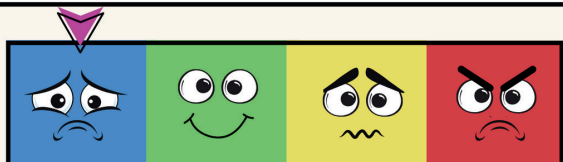


## Blue Zone

### Cheetah Chill



Even cheetahs pause to  
stretch and recharge between  
sprints. Let's stretch!

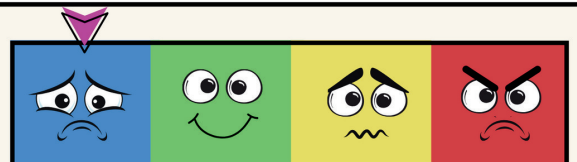


## Blue Zone

### Mama Panda



Baby panda is sleepy.  
Hold them gently and rock  
them back and forth.



**When to use  
this card?** ✓

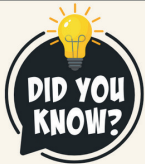
- ✓ Deep pressure
- ✓ Self-soothing
- ✓ Self-advocacy

### Body Double

Ask your partner what kind of hug they want: big and tight, soft and gentle, or from a stuffed animal. Show how to ask for the hug they need.

### Mentor

Explain that hugs can help us feel safe and calm. We can choose who hugs us and how, or hug ourselves if that feels better.



Hugs can release oxytocin, a brain chemical that helps us feel safe, calm, and connected to others.

**When to use  
this card?** ✓

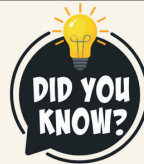
- ✓ Self-soothing
- ✓ Mindfulness
- ✓ Thought reset

### Body Double

Curl into your shell by hugging your knees. Breathe slowly. Imagine each worry bouncing off your shell and rolling away.

### Mentor

Talk about how it's okay to take a break from the world. A safe space can help us feel calm until we're ready again.



Taking time in a safe space helps your brain and body relax, so it's easier to think clearly.

**When to use  
this card?** ✓

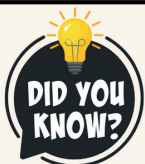
- ✓ Grounding
- ✓ Deep breathing
- ✓ Muscle relaxation

### Body Double

Guide your partner through slow stretches. Hold each stretch for a few seconds, while breathing deeply before continuing to the next stretch.

### Mentor

Talk about how cheetahs need to take care of themselves to stay strong. How does the body feel before and after stretching?



When we are upset, our bodies tense up. Relaxing our muscles help relax our minds.

**When to use  
this card?** ✓

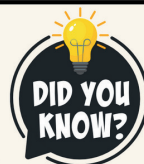
- ✓ Rhythm
- ✓ Slow down
- ✓ Self-soothing

### Body Double

If they need help, ask if they'd like to be the baby panda. Gently rock them while patting their back.

### Mentor

Encourage them to focus on the rocking, the gentle pressure, and taking deep breaths. Moving slowly can help the body feel safe and calm.



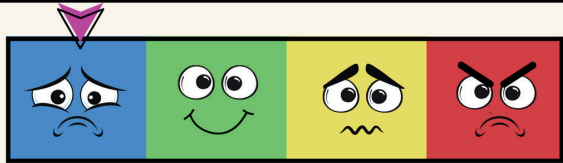
Moving or "stimming" can help regulate your body and make you feel more comfortable.

## Blue Zone

### Cat Nap

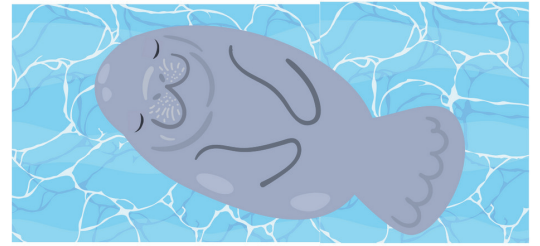


You're a tired cat; use your eyes, ears, and touch to find the coziest place to rest.

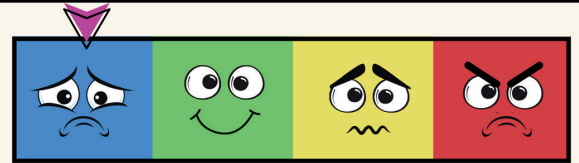


## Blue Zone

### Bayside View



Close your eyes. You are a manatee floating in a quiet bay. Focus on how the water feels.

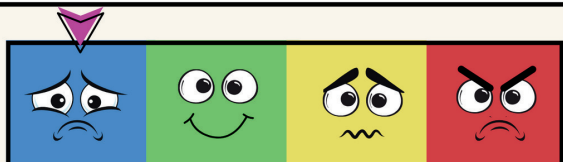


## Blue Zone

### Positive Thoughts

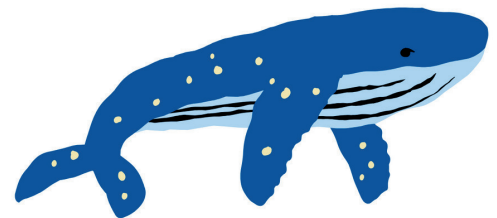


Fox is stuck in his den and feels sad. Help him think of things to be grateful for.

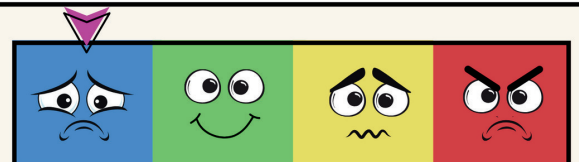


## Blue Zone

### Whale Sized Breaths



You are a whale taking deep breaths before each dive. Take slow, deep breaths.





**When to use  
this card?** ✓

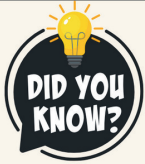
- ✓ Grounding
- ✓ Self-advocacy
- ✓ Meltdown recovery

### Body Double

Help your partner explore possible spots to relax. If none feel right, find items around the room (like blankets or pillows) to make one cozier.

### Mentor

Talk about how, when we're in the Blue Zone, our bodies may want rest. If there's no perfect spot, we can ask for help to make one.



When we're stressed, our senses work extra hard. A quiet, dark, and cozy spot helps them relax.

**When to use  
this card?** ✓

- ✓ Visualization
- ✓ Mindfulness
- ✓ Stillness

### Body Double

Describe how it would feel floating in the water: feeling the sea breeze or the warmth of the sun. Imagine all 5 senses to bring the scene to life.

### Mentor

When we are stressed, we want to be somewhere safe. We can create the perfect safe space by using our imagination.



Your imagination is stronger than you think! Your imagination is a great way to visit a relaxing place.

**When to use  
this card?** ✓

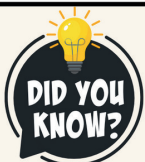
- ✓ Reframing
- ✓ Gratitude
- ✓ Thought reset

### Body Double

Write down or draw what they list. If they need help, give prompts like, "Is he warm inside?" or "Does he have food?"

### Mentor

Explain how it's okay to feel sad about what we can't do. But it's important to still notice what we do have.



Reframing means finding positives instead of focusing only on the negatives.

**When to use  
this card?** ✓

- ✓ Deep breathing
- ✓ Resilience
- ✓ Self-soothing

### Body Double

Encourage your partner to take deep, big whale breaths. Imagine the deep ocean and who you will see during your dive. Name who you see.

### Mentor

When we are feeling blue zone emotions, even small things can feel hard. Deep breaths give our body the energy to try.



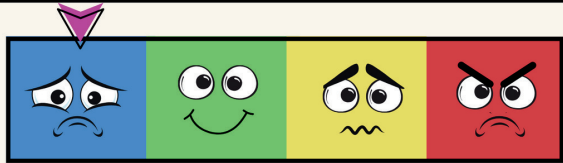
Deep breathing gives our bodies a much-needed boost when we are stressed

## Blue Zone

### Bird's Eye View



Look around like a hawk.  
Notice what you see and hear.

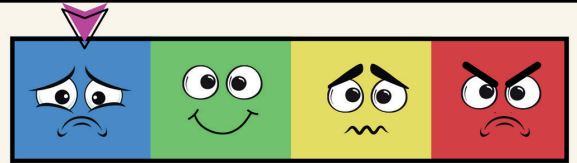


## Blue Zone

### Brave Waddle



You are a strong penguin in  
a snowstorm. Take slow  
waddles forward.

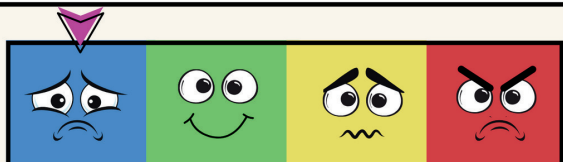


## Blue Zone

### Yummy Climb



You're a red panda; softly  
climb up your tree to reach  
some tasty bamboo leaves.

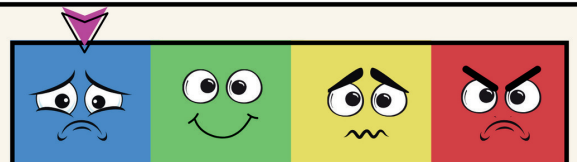


## Blue Zone

### Growing Grace



You used to be smaller, but  
you got bigger and stronger.  
Tell me how you have grown?



**When to use  
this card?** ✓

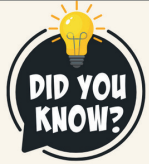
- ✓ Grounding
- ✓ Mindfulness
- ✓ Sensory-awareness

### Body Double

Guide them to name things around them using prompts like, “What’s that sound?” or “What colors do you see?”

### Mentor

Ask how they felt before and after noticing their surroundings. Did it help? What’s the difference?



Mindfulness means paying attention to right now instead of getting stuck in our thoughts.

**When to use  
this card?** ✓

- ✓ Resilience
- ✓ Confidence building
- ✓ Visualization

### Body Double

Waddle forward with your partner. Lean forward against the “wind” and take breaks as needed to “brace against the cold”.

### Mentor

Remind your partner sometimes, it’s strong to just take steps forward. Every step counts, especially when it’s harder to move.



Resilience grows over time. It’s built by facing challenges, one step at a time.

**When to use  
this card?** ✓

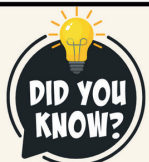
- ✓ Grounding
- ✓ Slow down
- ✓ Body awareness

### Body Double

Slowly stretch your arms and legs like you’re climbing. Pause every few steps to “nibble” leaves before continuing. Take deep breaths with each pause.

### Mentor

Talk about how slow, steady movements can energize us. Ask if they feel more ready to keep going after their climb.



Gentle stretching wakes up your muscles and helps your body feel more alert in a calm way.

**When to use  
this card?** ✓

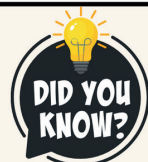
- ✓ Thought reset
- ✓ Feelings Check-in
- ✓ Confidence building

### Body Double

Ask gentle guiding questions like, “Have you grown taller?” or “What’s something new you’ve learned?”

### Mentor

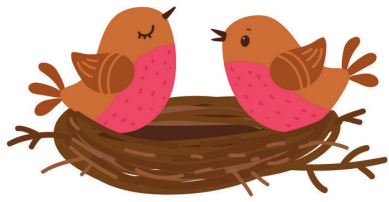
Just like swans grow slowly and gracefully, we change a little every day. Every skill we learn and challenge we face helps us grow.



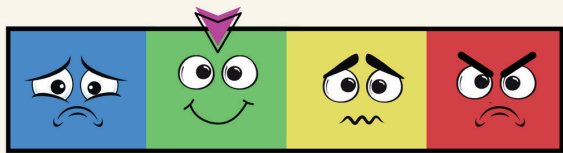
Your brain is constantly creating new connections. Even if you can’t see it, you are always growing.

## Green Zone

### Nest of Choices

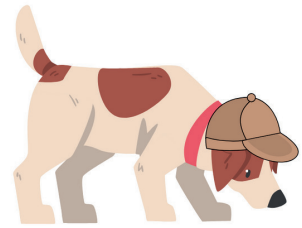


Let's build a nest of choices to help your worries rest.

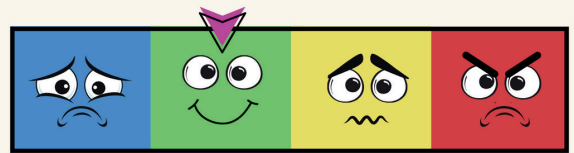


## Green Zone

### Detective Dog



Be a detective dog! What clues can you find using your eyes, ears, nose, and hands?

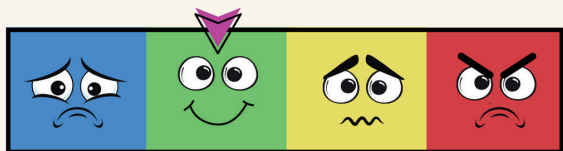


## Green Zone

### Armadillo Roll



Let's roll slowly like an armadillo. Round and round, nice and calm.

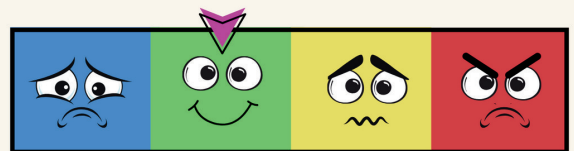


## Green Zone

### Cheek Squish



Let's warm up our faces with some hamster cheek squeezes!





**When to use  
this card?** ✓

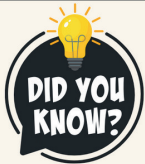
- ✓ Problem-solving
- ✓ Grounding
- ✓ Thought reset

### Body Double

One partner acts like a flustered bird, flapping and chirping. The other calmly gathers “twigs” to build a safe nest.

### Mentor

Some problems feel smaller when we have choices to respond. Let’s gather ideas and talk through what might help.



When we’re unsure, choosing from a few ideas can help us feel safe and in control.

**When to use  
this card?** ✓

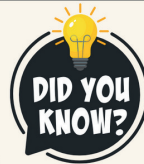
- ✓ Mindfulness
- ✓ Grounding
- ✓ Sensory-awareness

### Body Double

Encourage them to look, listen, touch, and smell different things. Pause after each one to focus on how it feels.

### Mentor

Have your partner describe the place you are at. Is it safe? If not, what can we do to make this a safe space?



By focusing on our surroundings, we can ground ourselves and our emotions to return to a balanced state.

**When to use  
this card?** ✓

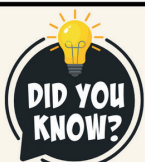
- ✓ Mindfulness
- ✓ Grounding
- ✓ Rhythm

### Body Double

Roll a ball on the floor or a fist on your hand in circles. Go slow and steady. Breathe while you roll.

### Mentor

When we move slowly and gently, our brains start to slow down too. When we are upset, it’s important to ask ourselves, “Do I need to slow down?”



Rhythmic motion can help your brain and body work together to feel calm.

**When to use  
this card?** ✓

- ✓ Self-soothing
- ✓ Grounding
- ✓ Light pressure

### Body Double

Wiggle your fingers like little paws. Gently squish and stretch your cheeks. Then try a soft face massage.

### Mentor

Gentle touch can help your face feel calm. Let’s practice soft pressure while we smile and breathe.



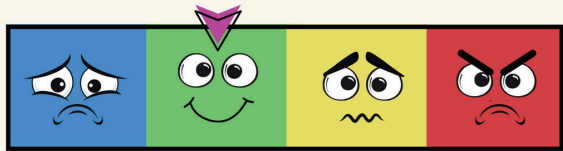
Gentle touch helps tell your brain that you are safe, calm, and ready to focus.

## Green Zone

### Talk to Joey



Be a kangaroo with a joey in your pouch. He wants to listen to your problem.

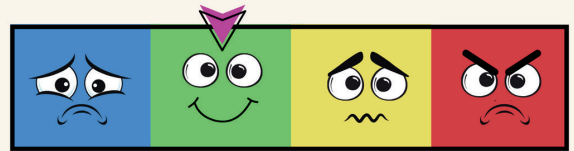


## Green Zone

### Bunny Burrow



Make bunny ears and hop gently toward your safe burrow at home.

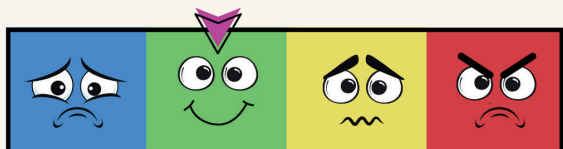


## Green Zone

### Otter Stretch



You are an otter floating in the water. Stretch your arms and legs out long.

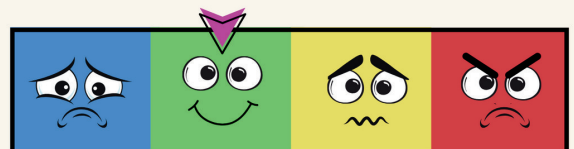


## Green Zone

### Tiger Proud



You're a tiger looking at your reflection. Tell your reflection what you're proud of today.



**When to use  
this card?** ✓

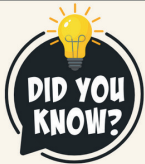
- ✓ Reframing
- ✓ Self-advocacy
- ✓ Flexible thinking

### Body Double

Make sure your partner is somewhere they feel comfortable to talk to themselves. If need be, pretend to be their joey.

### Mentor

Show how to reframe the situation.  
“I wanted the toy... you are right Joey, I will have a turn in a bit.”



Reframing is shifting perspective of an idea, situation, or problem.

**When to use  
this card?** ✓

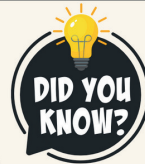
- ✓ Narrative
- ✓ Feelings check-in
- ✓ Mindfulness

### Body Double

Show how to make bunny shadow puppets. Hop slowly, pausing now and then, like you're discovering flowers or bugs on the way home.

### Mentor

Wonder out loud about how the bunny might feel on the way: happy, curious, hungry, maybe even lonely. Let your partner guide the story.



People can feeling multiple emotions at once. Naming them can help you understand what you need.

**When to use  
this card?** ✓

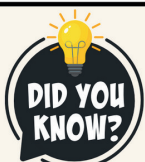
- ✓ Deep breathing
- ✓ Body awareness
- ✓ Mindfulness

### Body Double

Guide your partner to stretch arms and legs wide. Take a deep breath, roll to your back, and stretch again.

### Mentor

Stretching and breathing is not just for when we are upset; it can help us feel calm and refreshed anytime.



Stretching can wake up your body and help you focus, even when you are already feeling good.

**When to use  
this card?** ✓

- ✓ Self-advocacy
- ✓ Feelings check-in
- ✓ Confidence building

### Body Double

Help your partner think of things (big or small) to tell the tiger: “I got up today,” “I was kind,” “I tried my best.”

### Mentor

Ask how the tiger feels hearing good things about itself. Does it help them feel strong and ready to hunt?



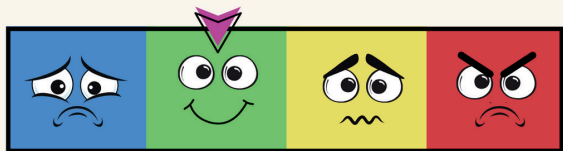
Noticing what you've done well helps your brain feel more confident and ready to try new things.

## Green Zone

### Meadow Gallop



Gallop like a horse, feel the breeze and notice the world around you as you move.

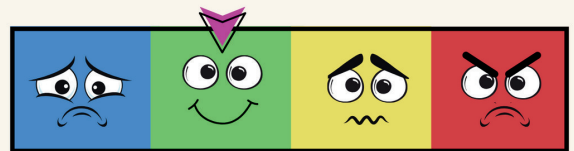


## Green Zone

### Positive Parrot



Be a parrot! Repeat back kind words and happy thoughts you hear.

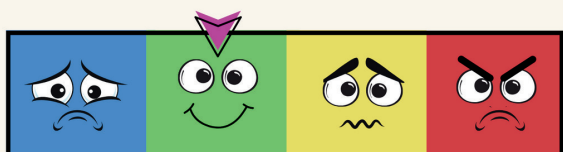


## Green Zone

### Flamingo Balance



Stand on one leg, how long can you stay steady before switching legs?

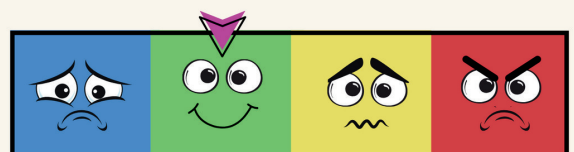


## Green Zone

### I Have Hermit Crab



You just found a shiny new shell to live in. Name 5 things you are grateful to have.





**When to use  
this card?** ✓

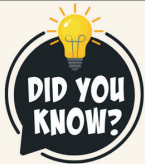
- ✓ Rhythm
- ✓ Grounding
- ✓ Visualization

### Body Double

Gallop slowly with your partner and point out “scenery” like flowers, birds, or clouds. Keep the pace steady and relaxing.

### Mentor

Encourage your partner to explore what details are especially calming to imagine. The more details the better, this is their world.



Using your imagination to picture peaceful scenes can help your brain relax and your body release tension.

**When to use  
this card?** ✓

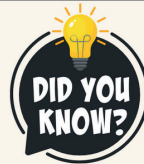
- ✓ Thought reset
- ✓ Body awareness
- ✓ Confidence building

### Body Double

Say short, positive phrases for your partner to repeat, like “I can try new things” or “I’m doing my best.”

### Mentor

Talk about how repeating kind words makes them feel. Does it change the way their body feels?



Saying something out loud can make it feel more real to your brain, especially if it’s kind and encouraging.

**When to use  
this card?** ✓

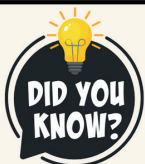
- ✓ Resilience
- ✓ Mindfulness
- ✓ Confidence building

### Body Double

Balance with your partner. If you wobble or put your foot down, just smile and try again. Practice makes perfect!

### Mentor

Remind them it’s not about “winning”, it’s about trying again without giving up. Notice how the body feels when steady.



Balancing can strengthen muscles and focus your mind, helping you feel steadier inside and out.

**When to use  
this card?** ✓

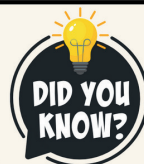
- ✓ Confidence building
- ✓ Feelings check
- ✓ Mindfulness

### Body Double

Help your partner keep track of the things they are grateful for by either drawing pictures or writing a list down.

### Mentor

Encourage thinking about people too: friends, family, and helpers. Our support network gives us strength, not just our things.



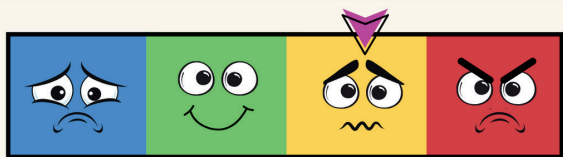
Practicing gratitude helps your brain spot more good things, like hunting for treasures.

## Yellow Zone

### Sloth Walk



Walk slowly like a sloth.  
Slowly count your steps.

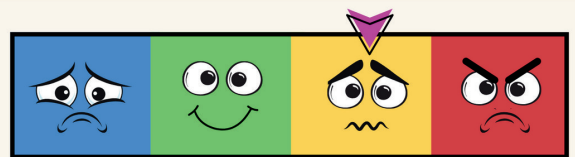


## Yellow Zone

### Shake It Off

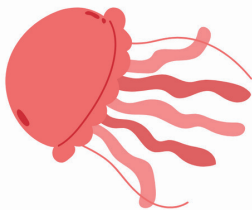


Imagine your problems as  
wet fur. Shake the water  
off your fur like a dog.

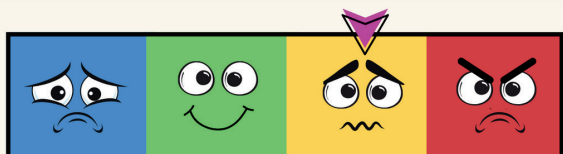


## Yellow Zone

### Jelly Dance

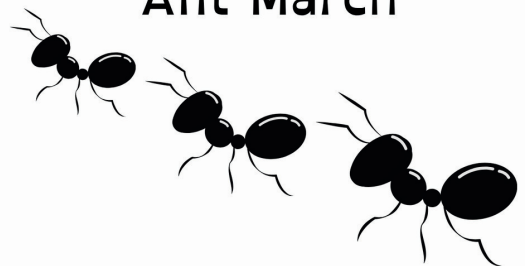


Wiggle like a jellyfish  
swimming in the waves: slow,  
then fast, then slow again.

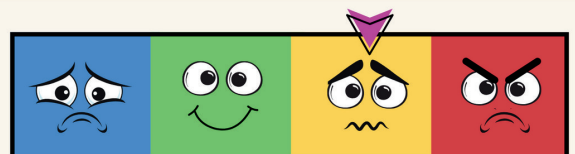


## Yellow Zone

### Ant March



March like ants carrying away  
pieces of your problem to  
their nest.



**When to use  
this card?** ✓

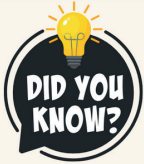
- ✓ Slow down
- ✓ Grounding
- ✓ Mindfulness

### Body Double

Kick start the sloth walk. Use a silly, slow sloth voice to count your steps.

### Mentor

Practice mindfulness: explain every deep breath and describe colors you spot around you.



Mindfulness helps reduce tension and helps refocus on the present.

**When to use  
this card?** ✓

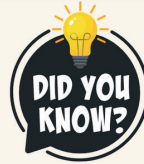
- ✓ High energy
- ✓ Controlled release
- ✓ Reset

### Body Double

Shake your arms, legs, and head. Add silly "ruffs" as you shake the water off.

### Mentor

After shaking, use your hands like 'brushes' to rub your arms and legs. Show your partner how to add gentle pressure while brushing.



Deep pressure and repetitive movements are great tools for self regulation.

**When to use  
this card?** ✓

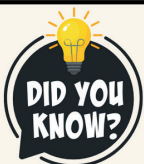
- ✓ Body awareness
- ✓ Controlled release
- ✓ Impulse redirection

### Body Double

Sway your arms and legs around and pretend to swim like a jellyfish around the room.

### Mentor

The more your body wiggles like a jellyfish, the less tight it feels. Let's see how loose and floppy we can get.



Relaxing the body and changing subjects can help de-escalate tricky situations.

**When to use  
this card?** ✓

- ✓ Flexible thinking
- ✓ Problem-solving
- ✓ Impulse redirection

### Body Double

March with the ants carrying the problem away in parts until all the parts are gone.

### Mentor

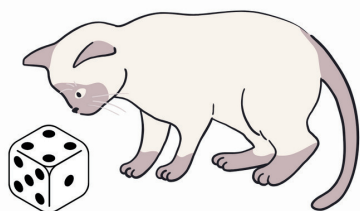
Talk out loud how the problem was broken into pieces. Let's focus on one piece to solve.



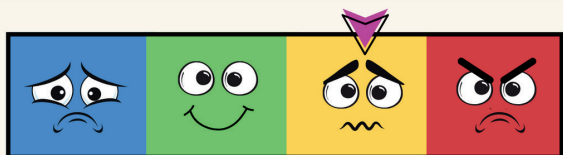
Breaking up tasks into solvable pieces can help give the sense of control.

## Yellow Zone

### Lucky Cat

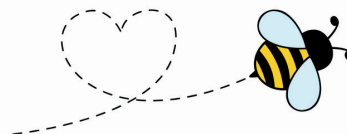


This grumpy cat wants to win! Roll the die until you get a lucky 6.

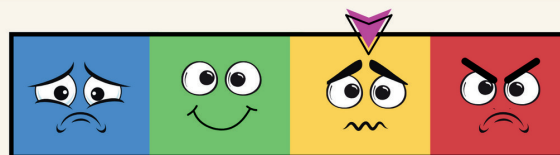


## Yellow Zone

### Flutter Home



Hold your hands on your heart and use your elbows as wings. Gently fly me home.

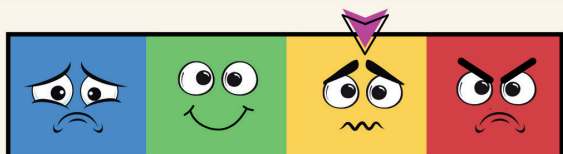


## Yellow Zone

### Different View



Imagine your problem. Tilt your head like an owl and change your point of view.

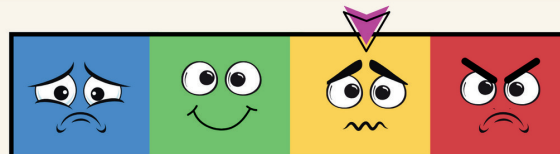


## Yellow Zone

### Color Confusion



Close your eyes. Turn red... now blue... now green... Which color feels right?





**When to use  
this card?** ✓

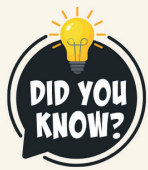
- ✓ Resilience
- ✓ Confidence building
- ✓ Impulse redirection

### Body Double

Roll with your partner. Get frustrated? That's okay! Shake it out and try again!

### Mentor

Sometimes things don't go our way. That doesn't mean we quit. Let's try again, even if it's hard.



Trying again and again helps build patience and confidence, even when it takes a while.

**When to use  
this card?** ✓

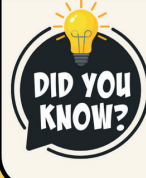
- ✓ Rhythm
- ✓ Self-soothing
- ✓ Controlled release

### Body Double

Rock gently side to side while flapping. Add a soft "bzzz" to keep a slow, steady rhythm.

### Mentor

Even if my body is busy, my mind can rest. Slowing our thoughts and breathing is a way to be kind to our minds.



Regulation means guiding, not stopping. Rocking, buzzing, or flapping can help the brain feel safe enough to slow down.

**When to use  
this card?** ✓

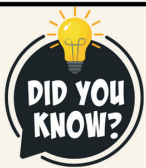
- ✓ Flexible thinking
- ✓ Thought reset
- ✓ Problem-solving

### Body Double

Face forward together. Slowly tilt your head at different angles. Pause after each one and think: How does the problem look now?

### Mentor

Worries can be stories we tell ourselves. Let's pause, look again, and be flexible in how we think.



Reframing means looking at a problem in a new way. It helps the brain feel less stuck and more ready to try again.

**When to use  
this card?** ✓

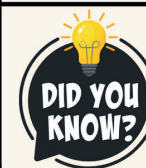
- ✓ Grounding
- ✓ Feelings check
- ✓ Mindfulness

### Body Double

Close your eyes and picture each color flowing. Let one settle, then shift to the next color. Go through any color that comes to mind.

### Mentor

It's okay not to know the answer. Confusion means you're thinking, and answers can come with time.



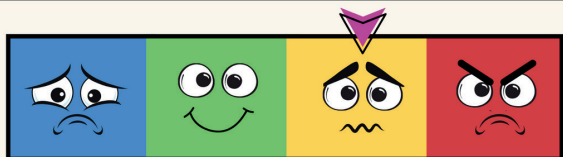
Confusion is part of learning. When things don't make sense yet, your brain is building new pathways.

## Yellow Zone

### Room to Grow

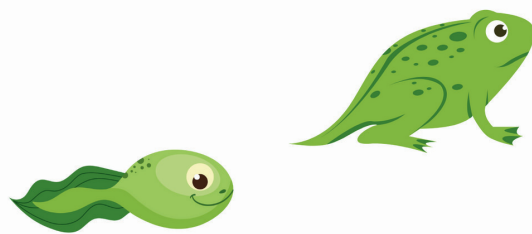


Curl up like a butterfly in its cocoon. Wiggle and stretch until you are ready to fly.

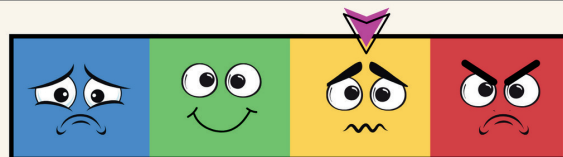


## Yellow Zone

### Green Power

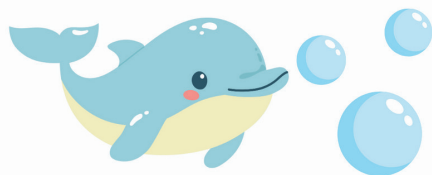


Swim in place like a tadpole. Bend your legs, then leap like a frog.

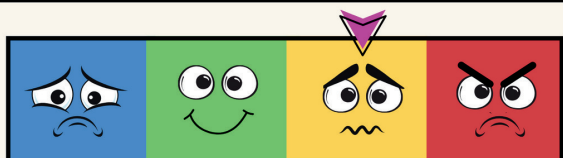


## Yellow Zone

### Bubble Pop



Some problems we can fix. Others we can pop! Imagine your worries as bubbles. Which ones will you pop?

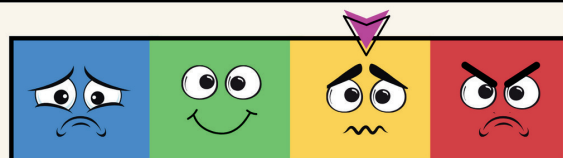


## Yellow Zone

### Beaver Patch



Uh oh, the dam has a leak! Patch the wall with your hands, pat by pat, until it's fixed.



**When to use  
this card?** ✓

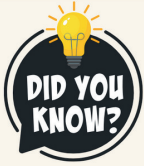
- ✓ Self-soothing
- ✓ Slow down
- ✓ Thought reset

### Body Double

Curl up and take slow, deep breaths.  
When ready, slowly uncurl and rise.  
Stretch your arms like butterfly wings.

### Mentor

Discuss how it's okay to feel nervous. Trying one step at a time can help us accept change and grow.



Routines can feel familiar and safe, so change can feel scary. But our brains can learn change is also safe.

**When to use  
this card?** ✓

- ✓ Grounding
- ✓ Resilience
- ✓ Thought reset

### Body Double

Swim in place as a tadpole. Take deep breaths as you grow stronger. Ready? Crouch and leap like a frog.

### Mentor

Talk about how growth takes time. We don't all change at the same speed, and that's okay. Slow steps are still steps forward.



Our brains are always changing. We don't all grow at the same pace, but if we keep trying, we keep growing.

**When to use  
this card?** ✓

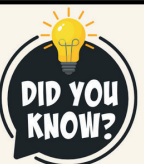
- ✓ Thought reset
- ✓ Resilience
- ✓ Emotional sorting

### Body Double

Blow pretend bubbles together. Describe how the bubbles (just like our problems) can be big or small.

### Mentor

Take a breath. Look at each bubble and ask, "Can I work on this?" If not, pop it gently and say, "I can let it go for now."



We have power in our words, actions, and choices. Worries we can change are the ones worth our focus.

**When to use  
this card?** ✓

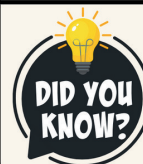
- ✓ Planning
- ✓ Problem-solving
- ✓ Thought reset

### Body Double

Pretend your hands are patches. Pat the "leak" slowly, one spot at a time. Pause to check if it's fixed before moving to a new spot.

### Mentor

Big problems can feel like a dam about to burst. Emphasize how trying one fix at a time helps us slow down and find the best solution.



Making a plan doesn't mean we're stuck. We can pause, rethink, and try a new step.

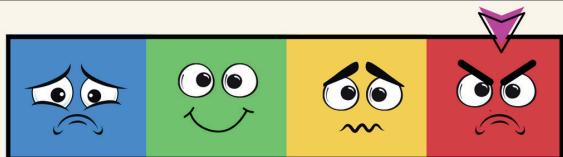


## Red Zone

### Monkey Art



Scribble like a monkey!  
Let your feelings out  
through wild doodles.

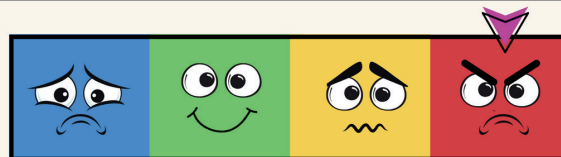


## Red Zone

### Baby Lion



You're a big roaring lion!  
Magic swirls around you,  
shrinking you into a baby lion

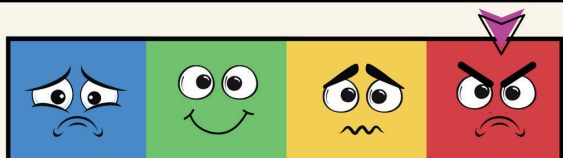


## Red Zone

### Mt. Challenge

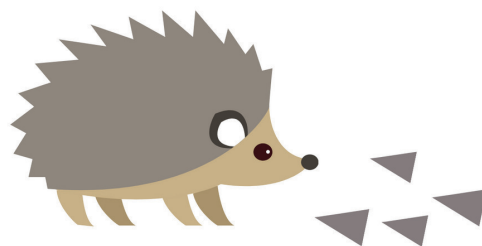


Be a snow leopard climbing  
a tall mountain. Take slow,  
deep breaths as you climb.

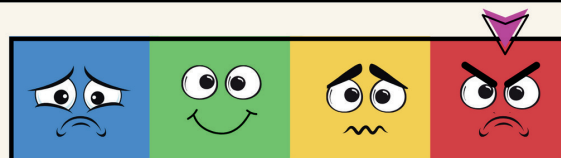


## Red Zone

### Careful Cleanup



Pretend your sharp spikes fell  
off! Pick them up gently and  
slowly so you don't get poked.



**When to use  
this card?** ✓

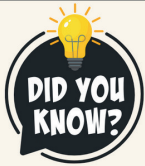
- ✓ High Energy
- ✓ Controlled release
- ✓ Impulse redirection

## Body Double

As you scribble with your partner, make “oo oo aah ahh” sounds and show your best angry monkey face.

## Mentor

Ask how scribbling feels different than yelling. Drawing helps us express big emotions in a safer way, for us and for others.



Turning big feelings into art is a kind of reframing. It helps you choose a safer, creative way to express emotion.

**When to use  
this card?** ✓

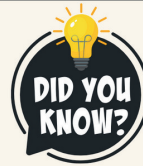
- ✓ Self-soothing
- ✓ Meltdown recovery
- ✓ Rhythm

## Body Double

Model your roars getting softer until you're whispering. Then sing a lullaby or give gentle pats to your partner.

## Mentor

Ask your partner if the yelling in their ear is overwhelming compared to the quiet.



Singing and repetitive movements can reduce stress and tension.

**When to use  
this card?** ✓

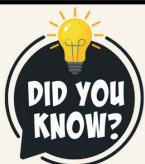
- ✓ Slow down
- ✓ Grounding
- ✓ Narrative

## Body Double

Stretch and step slowly while taking big, deep breaths. Narrate each breath or step like a story.

## Mentor

Ask your partner what they “see” while climbing. Describing what's ahead can help us stay steady and calm.



Looking, listening, and moving slowly are grounding. They can help your brain feel more in control.

**When to use  
this card?** ✓

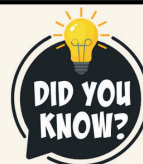
- ✓ Slow down
- ✓ Body awareness
- ✓ Narrative

## Body Double

Encourage slow, soft movements. Going too fast will lead to getting poked! “Ow, I moved too fast”

## Mentor

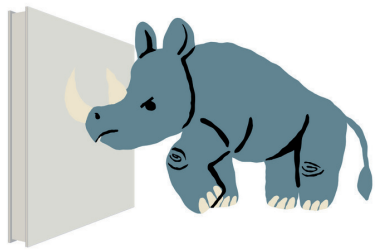
Explain how anger can make us want to move fast, but that can hurt us or others, like sharp porcupine spikes.



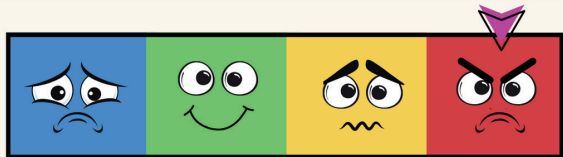
Anger can make the body feel “spikey.” That's the nervous system getting ready to protect itself.

## Red Zone

### Road Block

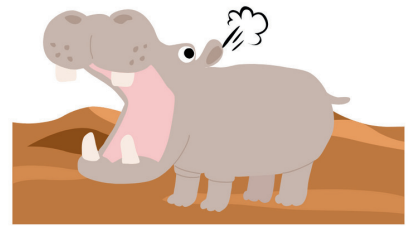


Be a strong rhino!  
Push the wall that's  
blocking your way!

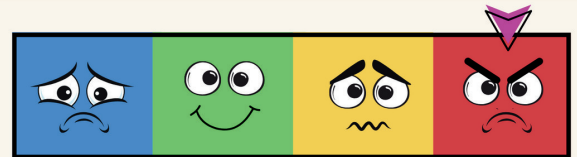


## Red Zone

### Hippo Stomp



Stomp with big, heavy  
steps! Pretend you're  
finding a cool spot to rest.

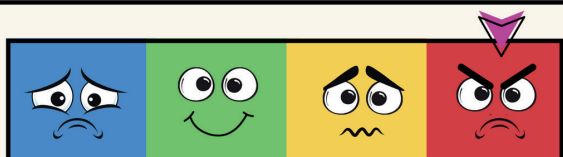


## Red Zone

### Gorilla Grumble



Squeeze your fists,  
then pound your chest  
like a mighty gorilla!

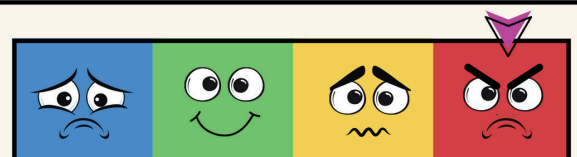


## Red Zone

### Snake Squeeze



Wrap your arms around  
yourself like a snake  
squeezing a tree branch.



**When to use  
this card?** ✓

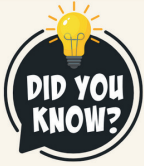
- ✓ Deep Pressure
- ✓ High energy
- ✓ Reset

## Body Double

Plant your feet shoulder-width apart and feel the ground beneath you. Use your whole body to push.

## Mentor

Count out loud as you breathe. Growl or grunt on your exhale. How does your body feel after pushing?



Pushing against something heavy gives your body deep pressure, which can help ease tension.

**When to use  
this card?** ✓

- ✓ High Energy
- ✓ Grounding
- ✓ Visualization

## Body Double

Show your anger with heavy steps and tired words as you search for water. "I'm too hot and heavy!"

## Mentor

Big feelings can build up, just like heat. When we finally "find the water," we can cool down, slow our steps, and breathe again.



Visualization is so powerful that pretending to find water can help you cool off for real.

**When to use  
this card?** ✓

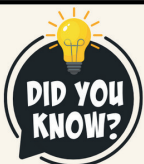
- ✓ High energy
- ✓ Cotrolled release
- ✓ Rhythm

## Body Double

Pound your chest with strong, steady thumps. Make low gorilla grunts as you hit your chest.

## Mentor

Anger can come out loud and strong. Using steady beats and grumbles helps release that energy in a safe, rhythmic way.



Repeating steady movements and sounds can help your brain feel more organized and predictable.

**When to use  
this card?** ✓

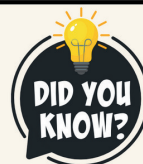
- ✓ Deep pressure
- ✓ Self-soothing
- ✓ Body awareness

## Body Double

Lightly squeeze along arms and legs. Move inward like a snake coiling tighter. End in a slow, firm self-hug.

## Mentor

Squeezing your body can help release tension. Deep pressure can help the body feel safe and grounded.



Deep pressure tells the nervous system it's safe, which helps the body relax and let go of tension.

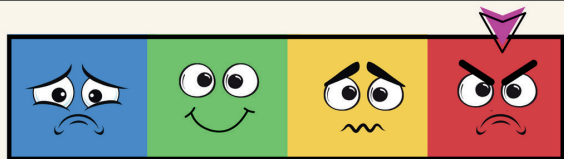


## Red Zone

### Snowy Rest

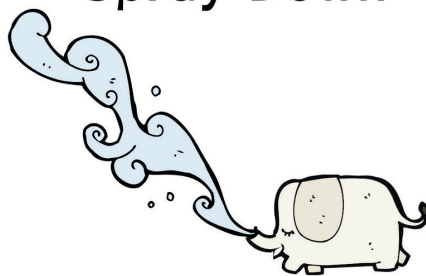


You're a hot polar bear!  
Lay down and pretend  
you're resting in the snow.

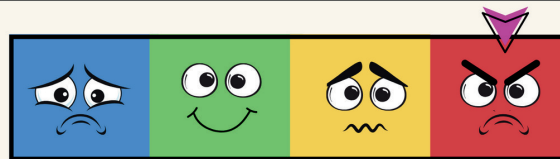


## Red Zone

### Spray Down



Take a deep breath and  
imagine you're an elephant  
spraying your problem away.

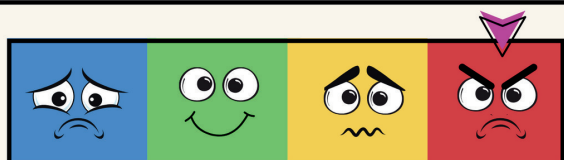


## Red Zone

### Small Problem



This thirsty raccoon's hands  
are too small to squeeze fruit.  
Help him squeeze juice!

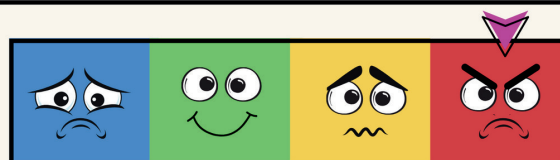


## Red Zone

### Deep Dive



A fish got away! Let's do a  
seal stretch, take a deep  
breath, and dive in after it!





**When to use  
this card?** ✓

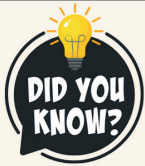
- ✓ Low energy
- ✓ Narrative
- ✓ Stillness

## Body Double

Imagine the soft, cold snow and how it would feel melting around us. Let's breathe slowly and quietly as we rest.

## Mentor

Describe how hot the body feels when we're mad. We can pause and rest to help cool down and feel safe.



Resting helps the body and brain calm down together. Stillness is a great tool to help regulate.

**When to use  
this card?** ✓

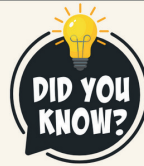
- ✓ Low energy
- ✓ Narrative
- ✓ Visualization

## Body Double

Make loud elephant sounds and use your arm as a trunk. Swing it back and forth.

## Mentor

As you spray, imagine each spray clearing away one tough feeling. You get to choose what to clean up.



Humor and imagination can help refocus and improve the general mood.

**When to use  
this card?** ✓

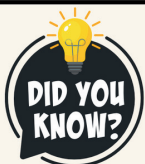
- ✓ Controlled release
- ✓ Deep pressure
- ✓ Narrative

## Body Double

Squeeze your or your partner's fist like you're juicing fruit. Try different pressures: soft for berries, strong for lemons. Take a breath between fruits.

## Mentor

Narrate the effort, "This one's tough!" and model deep breaths between squeezes. Cheer after each one to celebrate.



Using hand pressure with breath can help the body release tension and feel more in control.

**When to use  
this card?** ✓

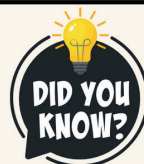
- ✓ Body awareness
- ✓ Deep pressure
- ✓ Controlled release

## Body Double

Lie flat like a seal. Push up through your arms to stretch your chest and belly. Take a deep breath, then lower back down. Repeat.

## Mentor

Talk through how it feels when we miss something. We can stretch, breathe, and try again. Even if we're still upset, we can keep trying!



Slow stretches tell your body it's safe, helping you calm down and try again.