What Might Help My Body?

Place two or three large choices on the board. A child can point, choose, or say "not that."

MY BODY MAY NEED

I CAN TRY

I CAN ALSO TRY

WHAT COMES NEXT

"Peace I leave with you, my peace I give unto you."

JOHN 14:27

Calm-Body Choice Cards

Large matching regulation cards · Cut on the dotted lines. Card size matches the board spaces.



Water



Snack



Headphones



Weighted Blanket



Cozy Space



Slow Breaths

"A soft answer turneth away wrath."

PROVERBS 15:1

Calm-Body Choice Cards

Large matching regulation cards • Cut on the dotted lines. Card size matches the board spaces.



Stretch



Jump



Squeeze



Chew Tool



Dim Lights



Hug

"A soft answer turneth away wrath."

PROVERBS 15:1

Calm-Body Choice Cards

Large matching regulation cards · Cut on the dotted lines. Card size matches the board spaces.



Alone Time



Ask for Help



Bathroom



Pause

"A soft answer turneth away wrath."

PROVERBS 15:1