



Free Printable Calming Cards for Autism

Visual Calm-Down Supports for Home, School, and Therapy

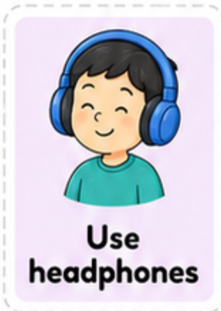
These calming cards give children simple visual choices they can use when they feel overwhelmed, dysregulated, or need support. Use them at home, in the classroom, or during therapy as part of a calm-down routine or choice board.

What's included

- Take deep breaths
- Squeeze a stuffed animal
- Ask for help
- Use headphones
- Dim lights
- Get a hug
- Drink water
- Take a quiet break
- Wall push-ups
- Cozy blanket
- Read a book
- Rock slowly
- Use a fidget
- Heavy work
- Feelings check
- Body check

How to use these cards

- 1 Print on cardstock if possible.
- 2 Cut out the cards.
- 3 Laminate if you want extra durability.
- 4 Offer 1 or 2 calming choices at a time or add them to a calm-down board.



Helpful tip

Start with the supports your child already likes. Keep choices simple and rotate cards as needed.



Take deep breaths



Squeeze a stuffed animal



Ask for help



Use headphones



Dim lights



Get a hug



Drink water



Take a quiet break



Wall push-ups



Cozy blanket



Read a book



Rock slowly



Use a fidget



Heavy work



Feelings check



Body check

My calming choices

Pick 1 or 2 things that may help.

Empty dashed box for writing a calming choice.

Empty dashed box for writing a calming choice.