

Emotional Regulation Cue Cards



(Expanded Pack)

Calm Support You Can Print & Keep

- ✓ 8 Cue Cards
- ✓ 4 Printable Bonus Pages
- ✓ My Regulation Plan Worksheet
- ✓ A4 PDF • Instant Download

Aspie Answers

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Ground Through Your Feet



- ✓ Press both feet into the floor
- ✓ Feel your toes + heels
- ✓ Take 3 slow breaths
- ✓ Say: "I am safe right now."

Use a Calming Voice



- ✓ Slow down your words
- ✓ Lower your volume
- ✓ Breathe before replying
- ✓ Say: "I can take my time."

Reminder:
"I'm okay in this moment."

Name 3 Safe Things



- ✓ Something you can see
- ✓ Something you can touch
- ✓ Something that helps you feel calm

Reminder:
"I'm okay in this moment."

Take a Reset Break



- ✓ Step away if you can
- ✓ Drink water / stretch
- ✓ Sit somewhere quiet
- ✓ Come back when ready

Box Breathing



- ✓ Inhale 4
 - ✓ Hold 4
 - ✓ Exhale 4
 - ✓ Hold 4
- (Repeat 3 times)

5-4-3-2-1 Grounding



- ✓ 5 things you see
- ✓ 4 things you feel
- ✓ 3 things you hear
- ✓ 2 things you smell
- ✓ 1 thing you taste

Change the Sensory Input



- ✓ headphones / music
- ✓ dim lights
- ✓ fidget or texture
- ✓ deep pressure (hug/pillow)

Reminder:

"My body needs comfort."

Ask for Support



Scripts:

- ✓ "I need a minute."
- ✓ "Can you help me calm down?"
- ✓ "Please talk softly."
- ✓ "Can you stay near me?"

My Regulation Plan



What does my body feel like when I'm overwhelmed?

.....
.....
.....

What usually triggers me?

.....
.....

My early warning signs:

- | | |
|--|--|
| <input type="checkbox"/> fast heartbeat | <input type="checkbox"/> breathing |
| <input type="checkbox"/> tears | <input type="checkbox"/> sensory break |
| <input type="checkbox"/> anger | <input type="checkbox"/> movement |
| <input type="checkbox"/> shutdown | <input type="checkbox"/> safe space |
| <input type="checkbox"/> fidgeting | <input type="checkbox"/> music |

What I want others to say/do:

.....
.....
.....

What I don't want:

.....
.....

Calm Corner Quick Reset



Try one:

- ✓ drink water
- ✓ stretch shoulders/arms
- ✓ 10 slow breaths
- ✓ sit in a quiet space
- ✓ fidget / texture tool
- ✓ gentle music
- ✓ grounding exercise

Reminder: Small steps still count.

Feelings Check-In



Right now I feel:

- calm
- okay
- stressed
- overwhelmed
- angry
- sad
- tired
- anxious

What I need most:

- | | |
|--|--|
| <input checked="" type="checkbox"/> quiet | <input checked="" type="checkbox"/> space |
| <input checked="" type="checkbox"/> comfort | <input checked="" type="checkbox"/> support |
| <input checked="" type="checkbox"/> movement | <input checked="" type="checkbox"/> food/water |
| <input checked="" type="checkbox"/> food/water | <input checked="" type="checkbox"/> sleep |

What Can I Control?



I can control:

- my breathing
 - my actions
 - my choices
 - my space
 - my next step
-
-

Kind Self-Talk Scripts



Pick one phrase:

- “This feeling will pass.”
- “I can slow down.”
- “I’m doing my best.”
- “I don’t need to be perfect.”
- “It’s okay to need support.”
- “One step at a time.”

When I Feel Overwhelmed



Right now I'm feeling...

Right now I'm feeling...

What I need is...

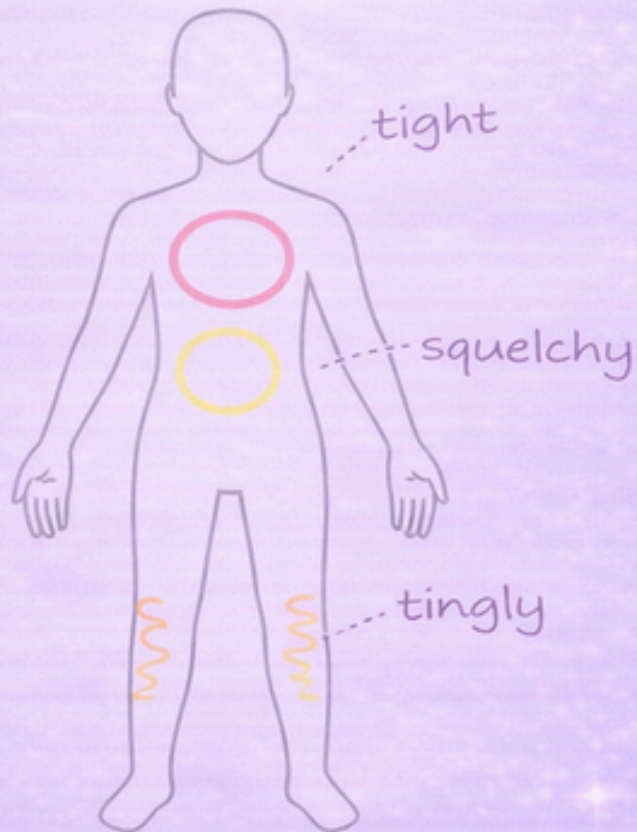
It might help if...

One small thing I can do is...

I will try to...

It's okay to pause and check in.

How My Body Feels



- ✓ Draw / circle where I feel big emotions
- ✓ Write how it feels (tight, tingly, warm, etc.)

All sensations are valid.

Calm-Down Menu



◆ Breathe

- Box breath
- Smell the flower, blow the candle
- Belly breathing

◆ Move

- Shake my hands
- Wall push-up
- Walk around

◆ Soothe

- Hold a favorite toy
- Touch a soft texture
- Listen to calming music

◆ Ask

- Tell someone how I feel
- Ask for a hug
- Can we talk?

All sensations are valid.