

# Emotional Regulation Cue Cards

✧ A calming, neurodivergent-friendly mini pack ✧

- ✓ 8 Cue Cards
- ✓ A4 Printable
- ✓ Instant Download

Aspie Answers | By Kerrin Maclean



# Emotional Regulation Cue Cards

## Ground Through Your Feet



- ◆ Plant your feet into the floor.
- ◆ Spread your toes; push through your heels.
- ◆ Notice the sensations.
- ◆ Press through your toes.
- ◆ Move slowly & intentionally.



## Use a Calming Voice



- ◆ Speak slowly & softly.
- ◆ Use easy words.
- ◆ "I'm safe. I'm okay.  
I'm calm. I'm here."



## 5-4-3-2-1 Senses Reset

– Ground –

- ◆ **1** Thing you can see
- ◆ **2** Things you can touch
- ◆ **3** Things you can hear
- ◆ **4** Things you can smell
- ◆ **5** Things you can taste

## Hold an Okay Stone



- ◆ Pick a small, smooth stone.
- ◆ Feel & squeeze it.
- ◆ Post "hard feelings" into it.
- ◆ Keep it in your pocket.
- ◆ Finger the stone to self-soothe.

Cut out along the dotted lines. | Set 1

# Emotional Regulation Cue Cards

## Name 3 Safe Things



- ◆ Look around & pause.
- ◆ Name 3 safe things you can see nearby.
- ◆ "This feels safe."



## Cold Water Reset



- ◆ Dip hands in icy cold water.
- ◆ Place cold pack on back of neck
- ◆ Run wrists under cold water.
- ◆ Count to 60 or hold til it feels calm

## Use a Fidget Tool



- ◆ Grab a small fidget toy.
- ◆ Flip, spin, move, squeeze it.
- ◆ Focus on the sensations.



## Hum or Buzz



- ◆ Make an M, N or Z sound.
- ◆ Hum & vibrate wherever it helps (chest, lips).
- ◆ Exhale slow & deep as you hum.

Cut out along the dotted lines. | Set 2



# My Regulation Plan



Fill in some of your favorite regulation tools and activities that help you feel better during overwhelm or stress.



Ways I can calm my body...

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Words that help me feel safe...

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Favorite grounding tools...

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People or places that help me...

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✓ I can make a plan that works for me. It's okay to need support. ✨