



Printable Checklist:

Calming Phrases That Actually Work

Phrases to Soothe and Validate:

- You're safe. I'm right here.
- That was a big feeling.
- It's okay to feel upset.
- I hear you.
- Let's get through this together.
- That looked really hard.
- I believe you're doing your best.

Phrases to Help Regulate (Not Escalate):

- Let's take a breath together.
- Can you show me with your hands?
- Want to squeeze something or stomp it out?
- Do you want a hug or some space?
- Let's count to 5 slowly.

Phrases for After the Storm:

- What helped you feel better?
- Next time, what could we try?
- I'm proud of you for getting through that.
- Feelings come and go. You got this.

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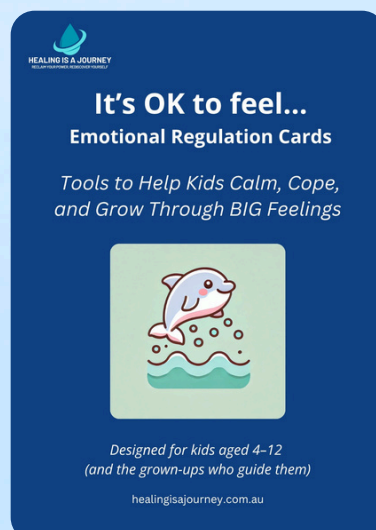
Want More Tools to Calm Big Emotions?

If you found these phrases helpful, you'll love the "It's OK to Feel..." Emotional Regulation Cards

30 illustrated cards with over 90 fun, screen-free activities to help your child name emotions, calm down, and build resilience (through play!).

Plus: You'll unlock a FREE gift when you order today.

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