

Steady Steps Cards: **Gentle Phrases for Big Feelings**

Tiny Tools for Building Regulation and Connection




Includes cards that help children:

 Name the feeling with grounding phrases

 Breathe through the moment using calming breath prompts

 Take a steady step with simple action cues

 **Perfect for co-regulation moments, calm corners, therapy sessions, or bedtime routines.**

 www.mindfullivingresources.com

Steady Steps Cards: Gentle Phrases for Big Feelings

Hi there, brave heart! 

These cards are here to help you feel steady — even when your feelings are big or your day feels wobbly.

You can print them, cut them out, and keep them close during tricky moments.

There's no one “right way” to use them. Just pick a card, take a deep “Steady Breath,” and try the phrase or movement.

You can even create your own!

You've got this — one breath, one step at a time. 



✨ Steady Step Cards: Name the Feeling

"I feel a lot right now."



Big feelings are okay.

Let's say it out loud or tell
someone we trust.



"I don't know what I feel...
and that's okay."



Let's take a pause and name
what's happening in our
body.

("My tummy feels tight" or
"My face feels hot")



✨ Steady Step Cards: Breathe Through It

👃 “Let’s take a Cocoa Breath.”

Breathe in slow like you’re smelling warm cocoa.

Breathe out slow like you’re cooling it down.

Let’s try 3 Cocoa Breaths together. 🍵

(Bonus: pretend to hold a warm mug while breathing!)



👃 “Let’s fill our Belly Balloon.”

Put your hands on your belly.

Take a deep breath and feel your belly rise.

Now slowly blow the air out like a soft balloon. 🎈

(Let’s do it again – slower this time.)



✨ Steady Step Cards: Take a Calmer Step

“I can take one brave step.”

**Even if you still feel wobbly,
you can choose something
small and kind.**

Let’s try:

- 💧 Get a glass of water**
- 🧸 Hug a stuffy**
- 🌿 Take one step outside**

**(One small step counts!
What will yours be?)**



**“Let’s move this feeling
through.”**

**Sometimes our bodies want
to move after big emotions.**

Let’s try:

- ✋ Shake out our hands**
- 🧘 Do one gentle stretch**
- 🚶 March in place for 10
seconds**

**(Let’s pick one together!
Ready?)**



✨ Steady Steps Reflection Page

🌱 Tiny Practices, Big Strength

🌱 **For Younger Kids (or Quick Check-Ins):**

Pick One (circle at least one and draw it below):

- 🧠 Today, I noticed...
- 💧 I calmed with...
- 🐾 I took a steady step like...

🧠 **For Older Kids (or Deeper Reflections):**

- Did you notice or name a feeling today?
- Did something help your body feel calmer?
- Did you take a steady step?
- What made things a little easier?

✍️ **Draw Your Steady Moment Below:**



✨ Steady Step Cards: Big Feelings, Brave Steps

♥ Keep Practicing!

You can come back to these cards anytime – before bed, during a hard moment, or after big feelings begin to settle.

Try asking:

♥ “What are you feeling right now?”

♥ “Can we try one steady step together?”

✨ Want to keep exploring?

Take it a step further with our expanded **Steady Steps Self-Regulation Pack**, featuring additional calming cards, reflection pages, drawing activities, and gentle tools to help children practice emotional awareness and steady regulation in everyday moments.

Find the expanded pack [here](#).

Keep breathing. Keep growing.

🐘 Riley the Rhino ♥

