



Calming Cards

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What calms you?



Swimming



Josh, Age 13

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What calms you?



Going for a little drive in the car



Stingray, Age 7

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What calms you?



Cuddling in my blanket



Anonymous, Age 6
Maz

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What calms you?



Gaming, YouTube, podcasts and tablet



K, Age 11
Alfie, Age 8
George, Age 18

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What calms you?



Eating ice pops



Anonymous

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What calms you?



Boxing, punchbag & working out



Josh, Age 13
Saffy, Age 14

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What calms you?



Cycling



Josh, Age 13

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What calms you?



Being in a quiet space, up a tree or a walk in the woods



Ethen, Age 10
Demi, Age 22

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What calms you?



**Listening to music
and rocking
(in the dark)**



Dominic, Age 21
Tolka, Age 16

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What calms you?



**Bug hunting or
holding a snail
in my hand**



Jake, Age 5½

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What calms you?



Painting



Lici, Age 10

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What calms you?



Tight hugs



Richard, Age 6

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What calms you?



**People speaking
slowly and calmly**



Richard, Age 6
Ellie, Age 13
Sophie, Age 9

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What calms you?



Shower or bath



Abb, Age 10

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What calms you?



Paddling pool



Abb, Age 10

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What calms you?



**No one
speaking to me**



Mason, Age 10

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What calms you?



**Lots of
movement or
turn upside down**



Mason, Age 10
Michael, Age 10

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What calms you?



My pet



T, Age 7½
Shania, Age 14
Anonymous, Age 12

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What calms you?



Trampolining



Peter, Age 10
Tiggy, Age 7

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What calms you?



Swinging



Tanya, Age 12

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What calms you?



Eating



Brooklyn, Age 18

© National Organisation for FASD 2021

What calms you?



Horse riding



K, Age 11

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What calms you?



Music



Bethan, Age 13
Robert, Age 18
Reece, Age 12
Alecia, Age 12
Kiah, Maz

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What calms you?



Playing with water and sand



Katie, Age 11

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What calms you?



Being left alone, let me walk away, give me space



Harry, Age 8
Andy, Age 28
Lee, Age 42
Garrick, Age 13
Nathaniel, Age 13

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What calms you?



Cuddling a teddy bear



Aston, Age 9

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What calms you?



**Fiddling
with things**



Emily, Age 11

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What calms you?



**Taking my anger
out on something
or punching
a mattress**



Sarah, Age 42
Jayden, Age 10

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What calms you?



**Making slime
or using slime app**



Squiggy, Age 10

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What calms you?



Jazz hands



Gary, Age 11

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What calms you?



Playing football



Jordan, Age 11

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What calms you?



Building a den



Anonymous

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What calms you?



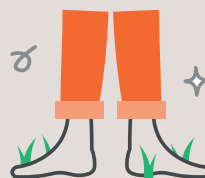
**Standing
outside**



Alecia, Age 12

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What calms you?



**Running bare foot
on grass**



Anonymous

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What calms you?



Chewing gum



Jes, Age 9

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What calms you?



Pushing a wall



Peter & Michael, Age 10

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What calms you?



Singing and dancing



Penda, Age 12

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What calms you?



Screaming out loud



Jaden, Age 4

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What calms you?



Doing make up



Rossi, Age 18

© National Organisation for FASD 2021

What calms you?



Reading



Grace, Age 10

© National Organisation for FASD 2021

What calms you?



Power kiting



Lee, Age 42

© National Organisation for FASD 2021

What calms you?



Play dough



Jessica, Age 5

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What calms you?



Deep breathing



Nyrene, Age 46

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What calms you?



Tapping



Nyrene, Age 46

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What calms you?



Counting



Charlie, Age 6

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What calms you?



**Hiding in a
dark tent**



Emilia, Age 8

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What calms you?



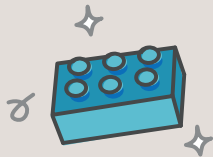
**Taking a
5-minute break**



Bailie, Age 17

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What calms you?



**Playing
with Lego**



Keeghan, Age 14

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What calms you?



**Chatting with
friends**



Shania, Age 14

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What calms you?



**Watching a film
or a gardening
programme**



T, Age 10
Rossi, Age 18

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