



Bee's Calm Down Tools

Emotional Wellbeing

IB PYP Grade 1

PSPE · Emotional Wellbeing

Name _____ Class _____ Date _____ Score _____ / 17

A Does it help us feel calm? Circle Yes or No.



Can slow, deep breaths help us feel calm?

Yes

No



Can a hug from a trusted person help?

Yes

No



Does hitting help us feel calm?

Yes

No



Can drawing help us feel calm?

Yes

No

B Number each list in order (1 to 4).

Bee breathing

☐

Feel calm

☐

Hum like a bee as you breathe out

☐

Breathe in slowly through your nose

☐

Sit still and relax

When I feel angry

☐

Take three deep breaths

☐

Use words to say how I feel

☐

Stop

☐

Count to ten

C Fill in the missing word. Use the word bank.

breaths

words

trusted

calm

When I am upset I take deep _____.

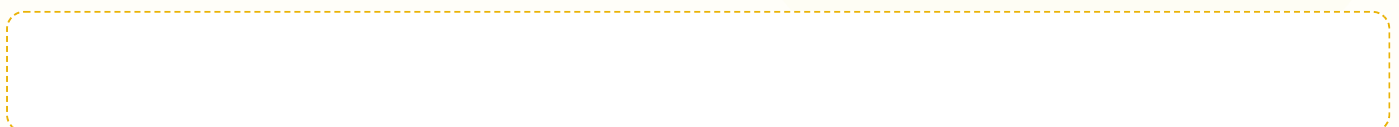
I can ask a _____ adult for help.

I can use my _____ to say how I feel.

Breathing slowly makes me _____.

D Draw it.

Draw what helps you feel calm





Answer Key: Bee's Calm Down Tools

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For teachers and parents · check your child's work against these answers

A Calm-down strategies (4 marks)

1. Yes 2. Yes 3. No 4. Yes

B Ordering calming steps (8 marks)

1. Bee breathing: Sit still and relax → Breathe in slowly through your nose → Hum like a bee as you breathe out → Feel calm
2. When I feel angry: Stop → Take three deep breaths → Count to ten → Use words to say how I feel

C Calm-down words (4 marks)

1. breaths 2. trusted 3. words 4. calm

D Drawing a calm-down idea (1 mark)

1. Accept any suitable drawing: Draw what helps you feel calm

Total: 17 marks · Accept any correct, clear answer. Colouring, circling and drawing answers may look slightly different.