

Zola's Calm-Down Cards

six tiny tools for big feelings



Print them. Cut them out. Stick one on the fridge, tuck one in a school bag, laminate one for the calm corner.

Each card teaches one real, repeatable tool for a moment when the world gets to be a bit much — noise, textures, smells, bright light, talking, or somewhere new.

Free from Drifting Minds Studio

SOUND

Zola's Smell the Flower, Blow the Candle



1. Find a slow corner, away from the noise.
2. Put on your headphones (or cover your ears).
3. Breathe IN — smell the flower.
4. Breathe OUT — blow out the candle. Three times.

*"When the world gets too loud,
I can find my own quiet."*

Zola Notices Everything · Book 1

TOUCH

Zola's Squeeze & Breathe



1. Hold your fidget ring (or make a soft fist).
2. Squeeze gently — breathe IN for 3 counts.
3. Release — breathe OUT for 3 counts.
4. Layer something soft under what feels scratchy.

*"My body tells me what it needs.
I get to listen."*

Zola Notices Everything · Book 2

TASTE & SMELL

Zola's Safe Plate & One Tiny Bite



1. Pack a few foods you already like and trust.
2. Start with your safe foods. Breathe slow.
3. When you feel ready, pick ONE new food.
4. Smell it, touch it, try one tiny bite — brave!

*"My safe foods keep me steady.
I can try one tiny bite when I'm ready."*

LIGHT

Zola's Dim-It-Down & Count the Stars



1. Too bright? Put on sunglasses or shade your eyes.
2. Find a calm, soft, darker spot to look at.
3. Breathe slow and count five stars.
4. Say: "I can dim it down to just my size."

*"When it's too bright, I know what to do —
I dim it down and I count a few."*

Zola Notices Everything · Book 4

TALKING & FRIENDS

Zola's Quiet-Friend Club



1. You don't have to talk to be friends.
2. Sit side by side and share a quiet thing.
3. Notice what a friend says without words.
4. Let quiet be okay — for them and for you.

*"Friends can be quiet, friends can be near —
you don't need big words to say I'm here."*

Zola Notices Everything · Book 5

NEW PLACES & THE DARK

Zola's Name-the-Sound



1. Bring something soft from home.
2. If a sound feels scary, hug it close and breathe.
3. Find the sound and NAME it: the radiator, the wind.
4. A sound you can name is a sound you can tame.

*"A sound I can name is a sound I can tame.
I can make the dark feel right."*

Where these cards come from

Zola Notices Everything — six picture books, ages 3–7

1

Zola and the Too-Loud Day

when sound is too much

2

Zola and the Scratchy Sweater

when clothes feel wrong

3

Zola and the Lunchroom Roar

when smells and food are a lot

4

Zola and the Too-Bright Night

when light is too bright

5

Zola and the Quiet Club

when talking is hard

6

Zola's Wiggly Sleepover

when the dark is somewhere new

Zola notices everything — what will she notice next?

zolanoticeseverything.com