

Little Soul Emotional Reset Cards

Moon Breaths

Take 3 slow moon breaths.
Breathe in gently.
Breathe out softly.

Little Soul Series • Sally Riley

Hand on Heart

Place your hand on your
heart.
Feel your breath.
You are safe here.

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Name the Feeling

What feeling is visiting you
right now?
Can you give it a name?

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Courage Reminder

Courage grows slowly.
You do not have to rush.

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Grounding Moment

Find 3 things you can see.
2 things you can touch.
1 thing you can hear.

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Pause & Reset

It's okay to pause.
Rest is allowed.
You can begin again.

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Kindness Check

What is one kind thing
you can say to yourself
today?

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Calm Body

Relax your shoulders.
Unclench your jaw.
Take one deep breath.

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Big Feelings

Big feelings are okay.
Feelings come.
Feelings go.

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Brave Heart

Even small steps are brave
steps.

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Safe Space

Imagine your calm and cozy
place.

What does it look like?

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Connection

Who helps your heart feel
safe and loved?

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