



Toddler Calm-Down Music & Toy Toolkit

Printable calm tools for big feelings

A colourful parent-friendly printable pack for songs, sensory toys, breathing games, and calm-down routines.



Use this pack before, during, and after big feelings to support calm, connection, and toddler emotional regulation.

Kids Songs Learning Hub



How to Use This Toolkit



Simple steps for calm, connection, and practice

Use these pages to prepare calming tools before a tantrum happens. Practice during peaceful moments first so the songs, toys, and breathing games feel familiar when big feelings arrive.

1

Choose one calm song and one toy to practise.

2

Introduce the tool when your child is already calm.

3

Use a slow voice, gentle rhythm, and soft body language.

4

Offer choices instead of forcing participation.

5

Celebrate every tiny calm moment and try again later.

Important Reminder

The goal is not to make feelings disappear. The goal is to help your child feel safe while the feeling passes. Connection comes before correction.



Calm-Down Basket Checklist



Tick what you have, then add one or two simple tools

Music & Sound Tools

- ☐ Hand drum or oatmeal tub
- ☐ Shaker egg or rice bottle
- ☐ Rainmaker or sensory sound toy
- ☐ Train whistle, harmonica, or recorder
- ☐ Calm playlist on your phone

Comfort & Sensory Tools

- ☐ Soft toy or teddy
- ☐ Small blanket
- ☐ Weighted stuffed animal if appropriate
- ☐ Sensory bottle or sand timer
- ☐ Picture cards for choices

Parent Prep

- ☐ Choose a quiet basket spot
- ☐ Practise during calm moments
- ☐ Keep small parts away from young toddlers
- ☐ Use supervision with all toys



Favourite Calming Songs Tracker



Keep a short list of songs that help your child feel safe

Use this page to notice which songs work best during tiredness, transitions, frustration, or

Song Title	When We Use It	Child Response

Songs to try next: _____



Big Feelings Colour Chart



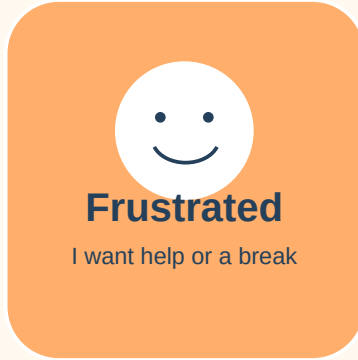
Help children name feelings before they choose a calm tool

Point to a colour together. Your child does not need perfect words. Pointing, nodding, or choosing a colour is communication too.



Angry

My body feels hot or tight



Frustrated

I want help or a break



Worried

I feel unsure or nervous



Sad

I need comfort



Calm

My body feels safe



Tired

I need rest or quiet

Today I feel: _____

What my body is telling me: _____

One tool I can try: _____



What Helps Me Calm Down?



Cut out these toddler choice cards

Sing a Song



Slow Drum Beat



Rainmaker



Cuddle Toy



Deep Breath



Quiet Corner



Cut the cards and let your child point to a calm tool.



Breathing With Music Practice



Turn breathing into a gentle sound game

Use these breathing games when your child is calm first. During a tantrum, model the activity without pressure and invite them to join when they are ready.

1

Slow Drum Breath

Tap the drum 4 times while breathing in. Tap 4 times while breathing out.

2

Train Whistle Breath

Take a breath in. Blow slowly to make a long gentle sound.

3

Humming Bee

Hum softly on one note. Feel the vibration in your chest.

4

Rainmaker Reset

Turn the rainmaker over and breathe until the sound finishes.

Practice note:

Keep breathing practice playful. If your child says no, simply model the sound and try again another time.



My Tantrum Calm Plan



A simple plan for before, during, and after big feelings

Before Big Feelings

What usually triggers my child?

What calm tools can I practise early?

During Big Feelings

What will I say softly?

Which song or toy will I try first?

After Big Feelings

How can we reconnect?

What worked and what can I change?



Parent Reflection Sheet



Notice patterns without blaming yourself or your child

What happened before the tantrum?

What did my child need?

Which music or toy tool helped?

What made the situation harder?

One thing I will try next time:

Reminder: A hard moment does not make you a bad parent. Repair, rest, and try again.



Calm Moment Star Certificate

This certificate is proudly presented to

for practising calm tools, brave breathing, and gentle songs
during big feelings.



Date



Signed by

Kids Songs Learning Hub