LANYARD CARDS FOR HARD MOMENTS

Eight cards that clip to your lanyard, so a kid can point instead of explain when the words won't come. Inky shows the feelings, then what they need, what their body feels, calm down steps, how big the problem is, first and then, yes or no, and one card just for you.

HOW TO PUT THEM TOGETHER

1. Print pages 2 and 3 at **actual size (100%)** on white cardstock.
2. Cut on the dashed lines.
3. Laminate them if you can. Leave a little clear edge around each card.
4. Punch through the center of the yellow ring at the top of each card.
5. Slide all eight onto a 1-inch binder ring and clip it to your lanyard or badge reel.



Punch here. Every card has this ring at the top so the hole sits in the same spot on all eight and the set flips cleanly. Put "For the adult" on the back of the stack.



Rob Murphy
Special education teacher
Founder of Inked Educator Life

Free for classroom and home use. Please don't resell. General support tools, not a behavior plan, medical advice or a replacement for a student's IEP. Follow your school's safety and health procedures.
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LANYARD CARDS, PAGE 2 OF 3

Cut on the dashed lines. Punch the yellow ring.

HOW DO I FEEL?

Point to how Inky feels.


Happy


Calm


Sad


Mad


Worried


Tired

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I NEED

Point to one.


A break


Help


Water


Bathroom


Quiet


The nurse

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MY BODY FEELS

Point to how Inky's body feels.


Hot


Cold


Tummy hurts


Head hurts


Shaky


Too loud

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CALM DOWN

Do these steps with me.

1. 
Stop
2. 
Smell the flower
3. 
Blow out the candle
4. 
Count to 5
5. 
Squeeze, then let go

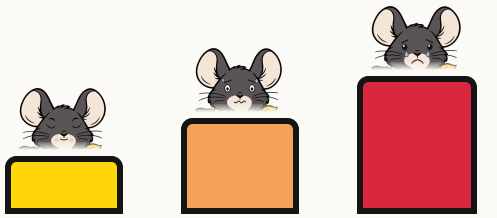
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LANYARD CARDS, PAGE 3 OF 3

Cut on the dashed lines. Punch the yellow ring.

HOW BIG IS IT?

Point to one.



SMALL
Fix it myself

MEDIUM
Ask an adult

BIG
Get help now

Most problems are small. Big means someone is hurt or not safe.

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FIRST, THEN

Laminate it and write on it.

FIRST

THEN



"You've got this. One thing at a time."

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YES OR NO

Point to one.

Yes

No

Wait, please

I don't know

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FOR THE ADULT

Flip to this side when it's hard.

- **One calm voice.** If another adult is talking, I don't add a second one.
- **One short direction, then wait.** Give them time to do it.
- **Calm first, then the work.**
- **Move the other kids,** not the kid who's struggling.
- **Hold up the cards** so they can point instead of explain.

"You're safe. I'm right here."

"Show me."

"First breathe, then we talk."



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