

FREE PRINTABLE:

Calm Discipline Phrase Cheat Sheet

Need help finding the words in the
heat of the moment?

Download this easy cheat sheet with
calm, connection-first phrases
to use instead of shouting.

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printable**

“Try again, gently.”

“Let’s calm down together.”

“When you’re ready to listen, I’m here.”

Try again, gently.

Calm Discipline Phrase Cheat Sheet

Name What You Do Want

Example:



Use a quiet
voice like this.

Connect Before You Correct

I see you're upset.
But hitting is not okay.

Calm Down Corner

Let's take a break
and breathe.



Say It Gently, But Firmly

Try again, gently.

Use Encouraging Phrases

When you're ready
to listen, I'm here.