I’m Calm

The next time you need to calm down, try one of these activities:

- **BELLY-BREATHE.**
- **RELAX IN YOUR COZY, COMFY PLACE.**
- **DRAW OR COLOR A PICTURE.**
- **READ A BOOK.**
- **STRIKE A SUPERHERO POSE AND SAY, “I CAN DO THIS!”**
- **ASK FOR A HUG FROM SOMEONE YOU LOVE.**
- **PUT ON SOME MUSIC AND DANCE IT OUT.**
- **LOVE YOUR PET.**

**WHAT ELSE CAN YOU DO TO HELP CALM DOWN?**

Write or draw about it above!