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!