



## 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!