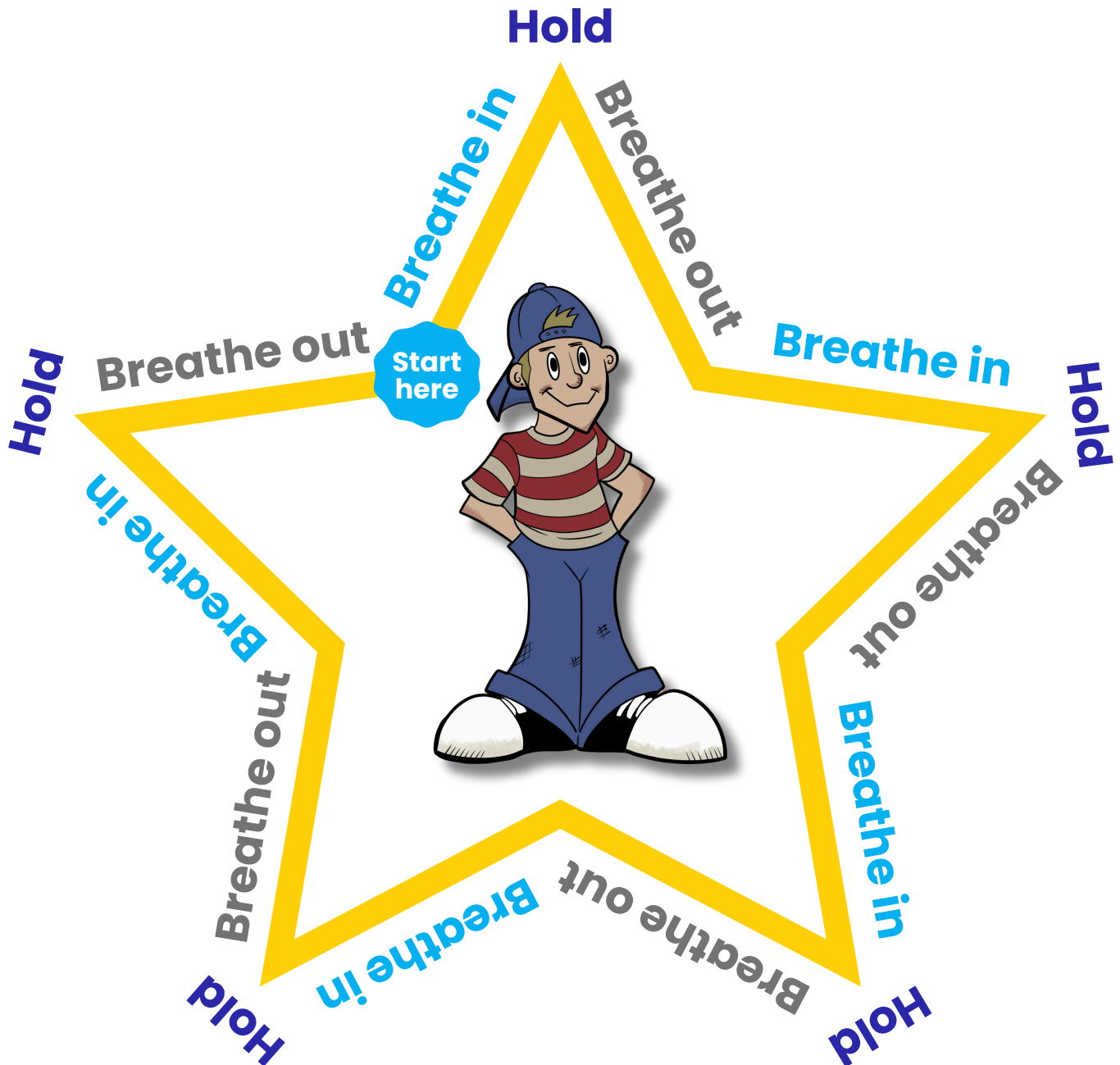


CALM YOURSELF WITH 5 Finger Breathing



Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down. You can also do this breathing exercise using your own hand.

CALM YOURSELF WITH Star Breathing



Trace your finger up one side of the star, while you take a deep breath in. Hold your breath at the point and breathe out as you slide down the other side. Keep going until you've gone around the whole star.

CALM YOURSELF WITH

Draw 3 Things

You're Grateful for today



CALM YOURSELF WITH

Draw to Ten

to Calm
Yourself Down



1

2

3

4

5

6

7

8

9

10