CALMING STRATEGY





1 Smell the flowers.



2 Blow out the candle.



3 Repeat until your body feels calmer.

Use the Village

CALMING STRATEGY





Find 3 blue things in the room.



Find 3 square things in the room.



Name 3 of your favorite foods.

Say them out loud or in your mind.

Use this Village

CALMING STRATEGY



1 Blow pretend bubbles, slow and steady.

2 Repeat until your body feels calmer.

Use this village

CALMING STRATEGY



a 

b 

c 

d 

Start with the letter "a" and name a food that begins with that letter.

Continue going through the alphabet until your body feels calmer.

Use the Village

CALMING STRATEGY



1. Inhale slowly for a count of 3.
2. Hold your breath for a count of 3.
3. Exhale slowly for a count of 3.

Repeat until your body feels calmer.

The Village