

CALMING STRATEGY



1 Smell the flowers.

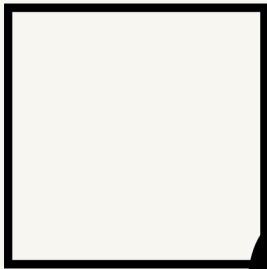


2 Blow out the candle.

3 Repeat until your
body feels calmer.



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.

CALMING STRATEGY



1 Blow pretend
bubbles, slow and
steady.

2 Repeat until your
body feels calmer.

CALMING STRATEGY



a



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

b



Continue going through the alphabet until your body feels calmer.

c



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.