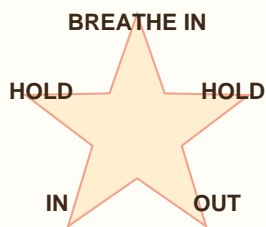




Hang this in your calm-down corner. The pictures help little ones remember what to do — even when feelings are big and words are small.

FIRST — TRY A BREATH

STAR BREATHING



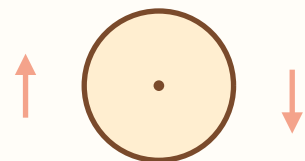
Trace a star with your finger.
Breathe with each line.

HOT COCOA



Smell the cocoa (in 4)
Cool it down (out 6)
Repeat 5 times.

BELLY BREATHING



Hand on belly.
Belly up — breathe in.
Belly down — breathe out.

THEN TRY ONE OF THESE

Stretch

tall as a tree

Squeeze

a pillow tight

Count

to 10 slowly

Hug

a soft toy

Drink

cold water

Draw

your feelings

It's okay to have big feelings.

Feelings come and go like weather.
I am safe. I am loved. I can take my time.