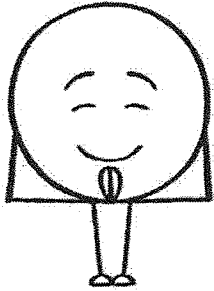


BREATHING

Paying attention to my breathing helps me stay calm & focused.

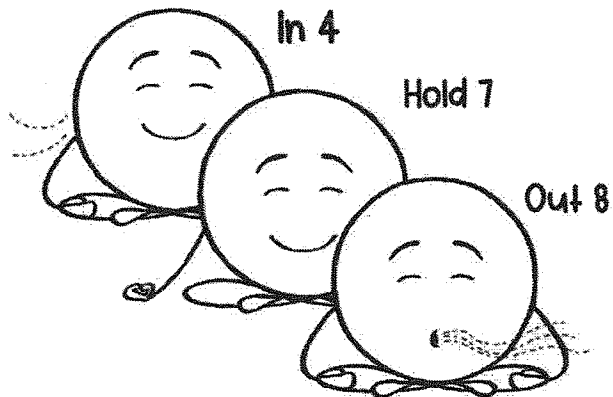
Belly Breathing

- Place your hands on your belly.
- Breathe in slowly with your nose.
- Feel your belly rise.
- Breathe out slowly with your mouth.
- Feel your belly fall.
- Repeat.



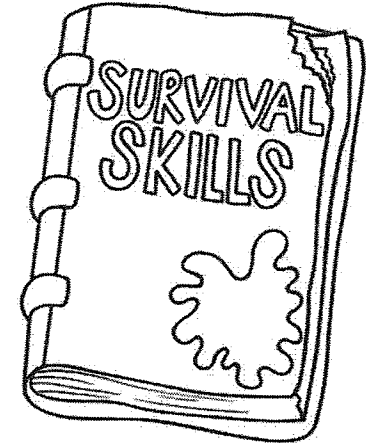
4-7-8 Breathing

- Take a deep breath in your nose. (while counting to 4)
- Hold it. (while counting to 7)
- Exhale slowly from your mouth. (while counting to 8)



MINDFUL
COLORING
CAN MAKE
ME FEEL LESS
STRESS.

ANXIETY



Positive thinking can reduce stress!

TURN NEGATIVE THOUGHTS INTO POSITIVE THOUGHTS!

REPEAT THESE WORDS:

- I can do this!
- I am enough!
- Everything will work out!
- I can let this go!
- I am strong enough!

FINISH THESE SENTENCES WITH POSITIVE THINGS ABOUT YOURSELF.

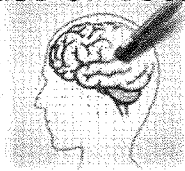


I can do this well:

I did this kind thing for someone:

People like it when I:

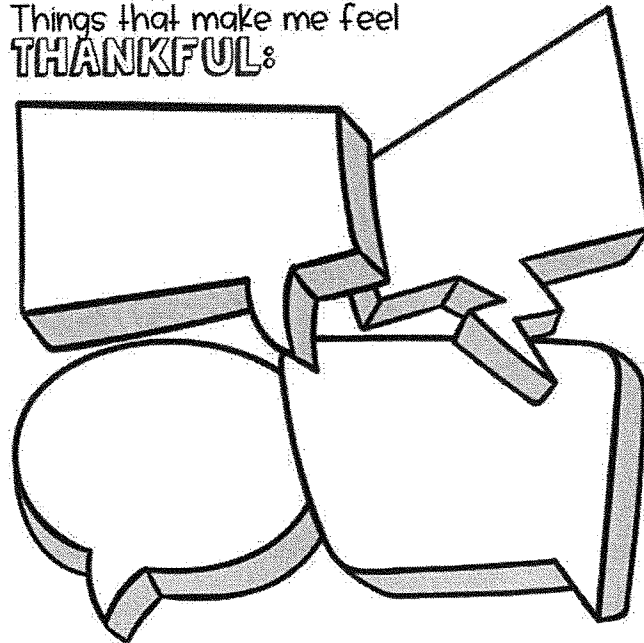
I think the best thing about me is:



Showing gratitude can ease anxiety.

Things that make me feel

THANKFUL:

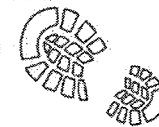


TRUSTED ADULTS I CAN GO TO WHEN I NEED HELP:

Underline things that make you feel calm & add a few!

spa music, coloring, stretching, slime, kinetic sand, reading, writing, drawing, singing, being creative, arts & crafts, building, taking things apart, movies, stress balls, and...

GROUNDING



List 5 things you see right now.



List 4 things you could feel on your skin right now.



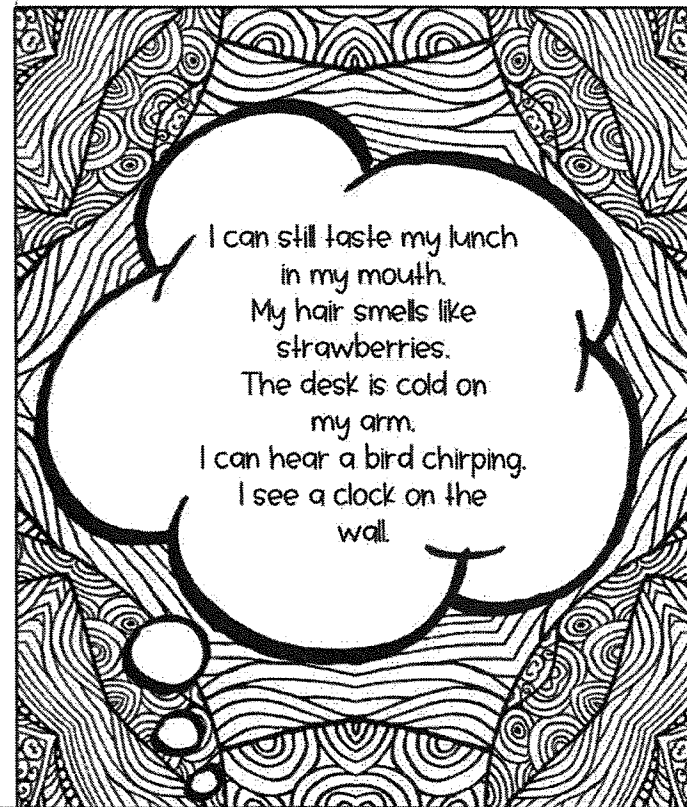
List 3 things you hear right now.



List 2 things you can smell right now.



List 1 thing you can taste.



I can still taste my lunch in my mouth.
My hair smells like strawberries.
The desk is cold on my arm.
I can hear a bird chirping.
I see a clock on the wall.