

Things I can do when I need to

# CALM DOWN



NAME MY FEELINGS



DEEP BREATHING



WRITE A LETTER



IMAGINE A QUIET PLACE



CHILD POSE



DRINK WATER



WARM BATH



RUN



5-4-3-2-1  
GROUNDING  
TECHNIQUE



HUG



PAINT



BLOW BUBBLES



SMELL MY  
FAVOURITE  
SCENT



SQUEEZE  
SOMETHING



LISTEN TO  
MUSIC

100

99

98

COUNT  
BACKWARDS



EXPLORE  
NATURE



PRESS AND  
RELEASE  
PALMS  
TOGETHER



WATCH FISH



NOISE  
CANCELLING  
HEADPHONES



PLAY WITH  
A PET



HUG A TOY



WRAP UP IN A  
BLANKET



COUNT  
HEARTBEATS