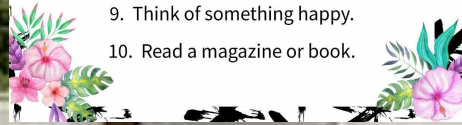
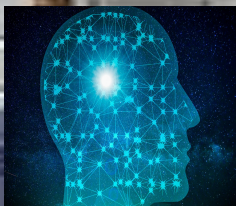


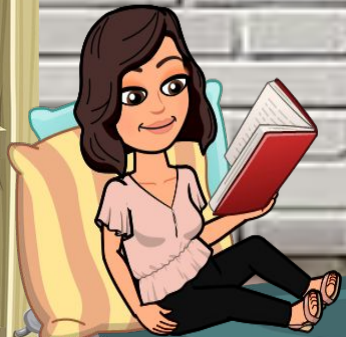
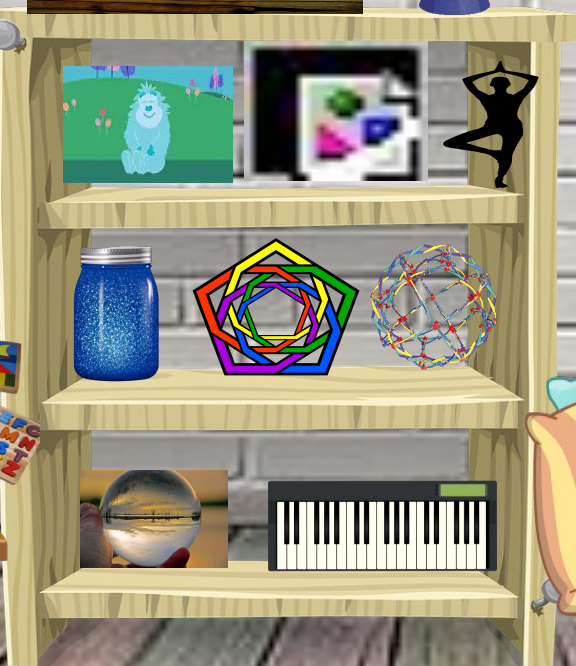
10 WAYS to Calm Down



1. Breathe in and out slowly 10 times.
2. Squeeze a stress ball.
3. Take a break and get a drink of water.
4. Talk to a grown-up.
5. Hug someone.
6. Draw a picture about it.
7. Write about your feelings.
8. Do some stretches.
9. Think of something happy.
10. Read a magazine or book.



KEEP
calm
AND
SMILE
on



CALM DOWN YOGA FOR KIDS

- | | | |
|---|----------------|---|
|  | I am strong. |  |
|  | I am kind. |  |
|  | I am brave. |  |
|  | I am friendly. |  |
|  | I am wise. |  |