I calm my mind by:

TAKING A DEEP BREATH

I calm my mind by:

LISTENING TO SOUNDS AROUND ME

I calm my mind by:

SITTING STILL AND THINKING ABOUT CLOUDS

I calm my mind by:

STRETCHING MY BODY

I calm my mind by:

GIVING MYSELF A HUG

I calm my mind by:

BLOWING BUBBLES AND PLACING MY WORRY THOUGHTS INSIDE

I calm my mind by:

COLORING A MANDALA PICTURE

I calm my mind by:

IMAGINING A SPECIAL PLACE TO REST IN

I calm my mind by:

SQUEEZING MY HANDS TOGETHER AND BREATHING DEEP

I calm my mind by:

RESTING MY HANDS ON MY HEART AND SENDING LOVE TO MY FAVORITE ANIMAL/PET