

CALM DOWN ROUTINE

I can take deep breaths, slow down and feel calm and in control.



1



TAKE 3 DEEP BREATHS

Breathe in through your nose, out through your mouth.

2



CHECK IN WITH MY BODY

Notice how my body feels. Where do I feel tense?

3



STRETCH IT OUT

Stretch my arms up high, reach to the side and take a big stretch.

4



SQUEEZE OR HUG

Squeeze a pillow, hug a toy or give myself a big hug.

5



FOCUS MY MIND

Read a book, look at something calming or listen to quiet music.

6



DRINK SOME WATER

Take a sip of water to help my body feel better.

7



BREATHE & RELAX AGAIN

Take 3 more deep breaths and feel myself getting calmer.

8



I'M CALM AND READY

I feel better and I can make a good choice.



I CAN STAY CALM!

I am in control. I can do hard things!

