

Calm Activity Journal

Crackle, Crash, Boom, Bang, Bash!

Bonus Pages

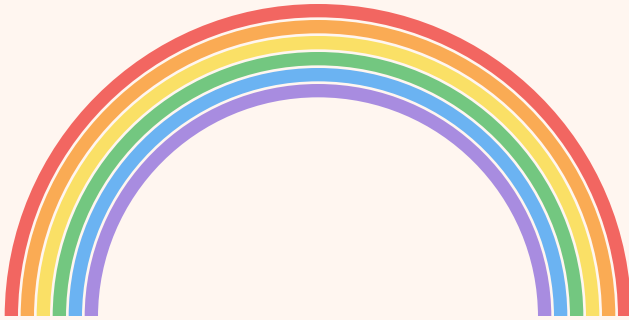
Practice breathing, drawing,
brave thoughts, and cozy
storm-time activities.

by Zinnia Grace Bloom

Bonus Calm Activity Pages

Practice breathing, drawing, and brave thoughts after the story.

Use these pages to practice calm breathing, brave thoughts, and cozy storm-time activities.



My calm promise:

I can pause. I can breathe. I can feel better.

My Storm Comfort Kit

Draw or write three things that help you feel safe.

A light

A hand to hold

A song

My own idea

Calm Breathing Practice 1

Breathe in through your nose. Hold two. Breathe out slow and smooth.



In through your nose - hold two.



Out through your mouth - slow and smooth.

Before I breathed, I felt:

After I breathed, my body feels:



Calm



Okay



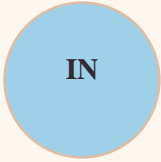
Worried



Upset

Calm Breathing Practice 2

Breathe in through your nose. Hold two. Breathe out slow and smooth.



In through your nose - hold two.



Out through your mouth - slow and smooth.

Before I breathed, I felt:

After I breathed, my body feels:



Calm



Okay



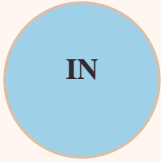
Worried



Upset

Calm Breathing Practice 3

Breathe in through your nose. Hold two. Breathe out slow and smooth.



In through your nose - hold two.



Out through your mouth - slow and smooth.

Before I breathed, I felt:

After I breathed, my body feels:



Calm



Okay



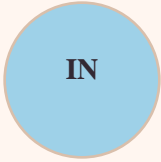
Worried



Upset

Calm Breathing Practice 4

Breathe in through your nose. Hold two. Breathe out slow and smooth.



In through your nose - hold two.



Out through your mouth - slow and smooth.

Before I breathed, I felt:

After I breathed, my body feels:



Calm



Okay



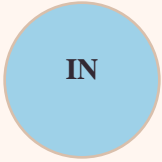
Worried



Upset

Calm Breathing Practice 5

Breathe in through your nose. Hold two. Breathe out slow and smooth.



In through your nose - hold two.



Out through your mouth - slow and smooth.

Before I breathed, I felt:

After I breathed, my body feels:



Calm



Okay



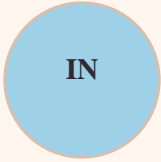
Worried



Upset

Calm Breathing Practice 6

Breathe in through your nose. Hold two. Breathe out slow and smooth.



In through your nose - hold two.



Out through your mouth - slow and smooth.

Before I breathed, I felt:

After I breathed, my body feels:



Calm



Okay



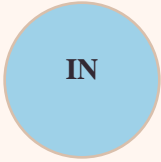
Worried



Upset

Calm Breathing Practice 7

Breathe in through your nose. Hold two. Breathe out slow and smooth.



In through your nose - hold two.



Out through your mouth - slow and smooth.

Before I breathed, I felt:

After I breathed, my body feels:



Calm



Okay



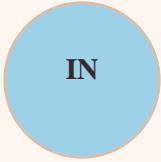
Worried



Upset

Calm Breathing Practice 8

Breathe in through your nose. Hold two. Breathe out slow and smooth.



In through your nose - hold two.



Out through your mouth - slow and smooth.

Before I breathed, I felt:

After I breathed, my body feels:



Calm



Okay



Worried



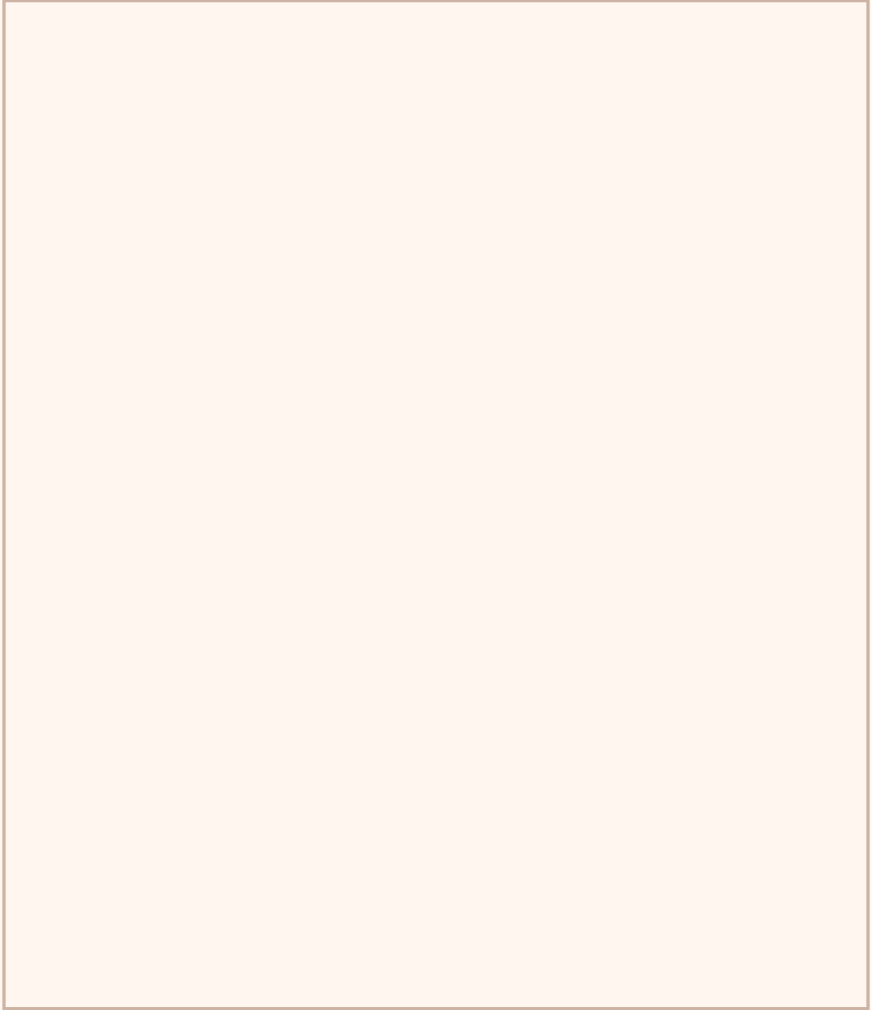
Upset

+

Draw the Calm 1

+

Draw a rainbow after the storm.

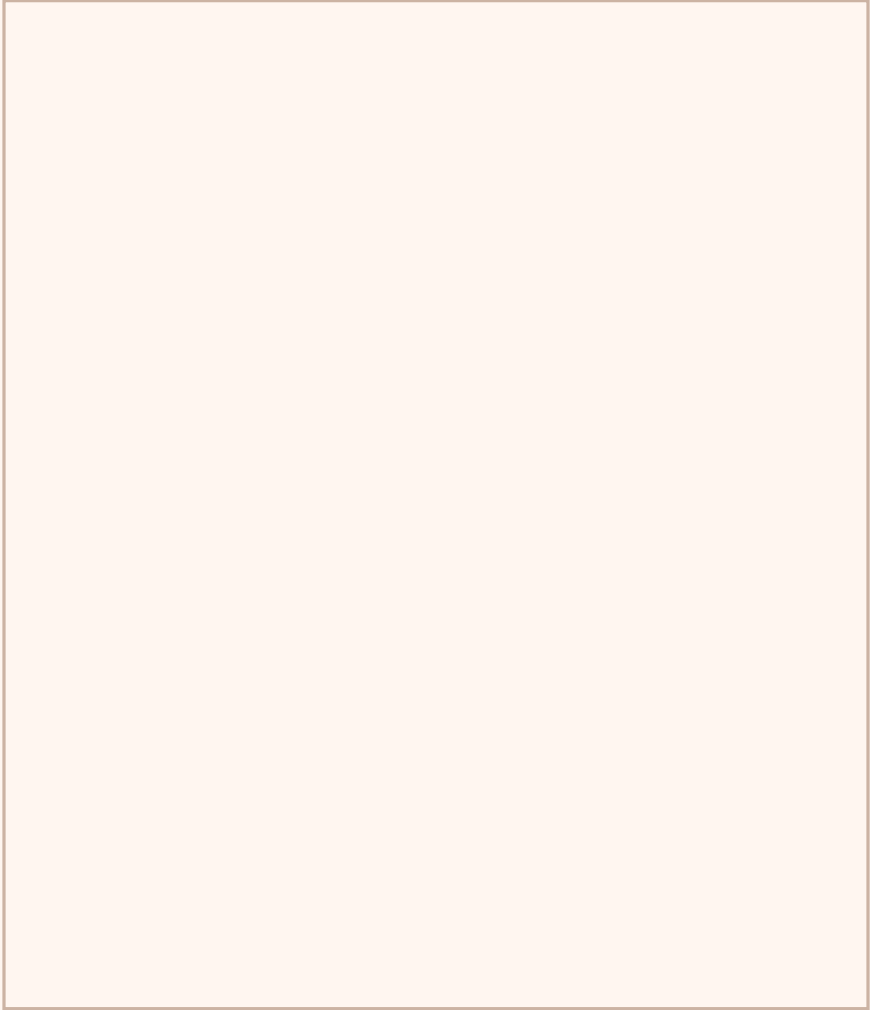


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Draw the Calm 2

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Draw your safe, cozy place.

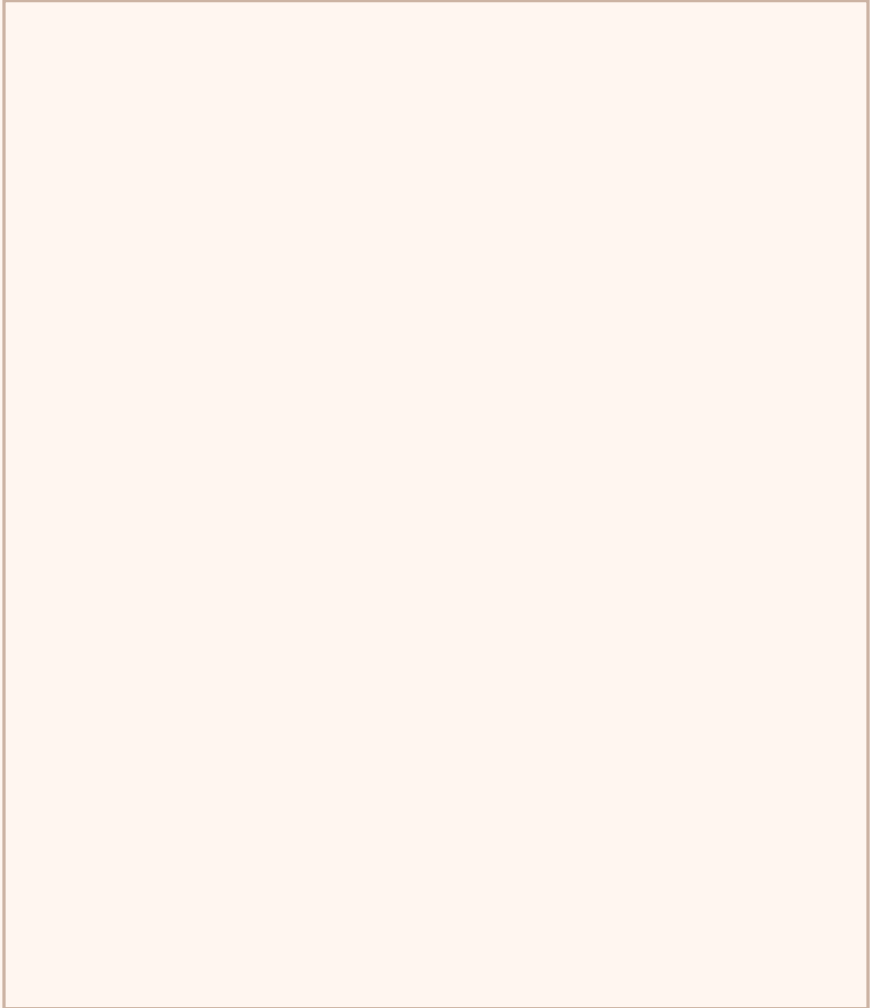


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Draw the Calm 3

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Draw a flashlight or glow stick.



+

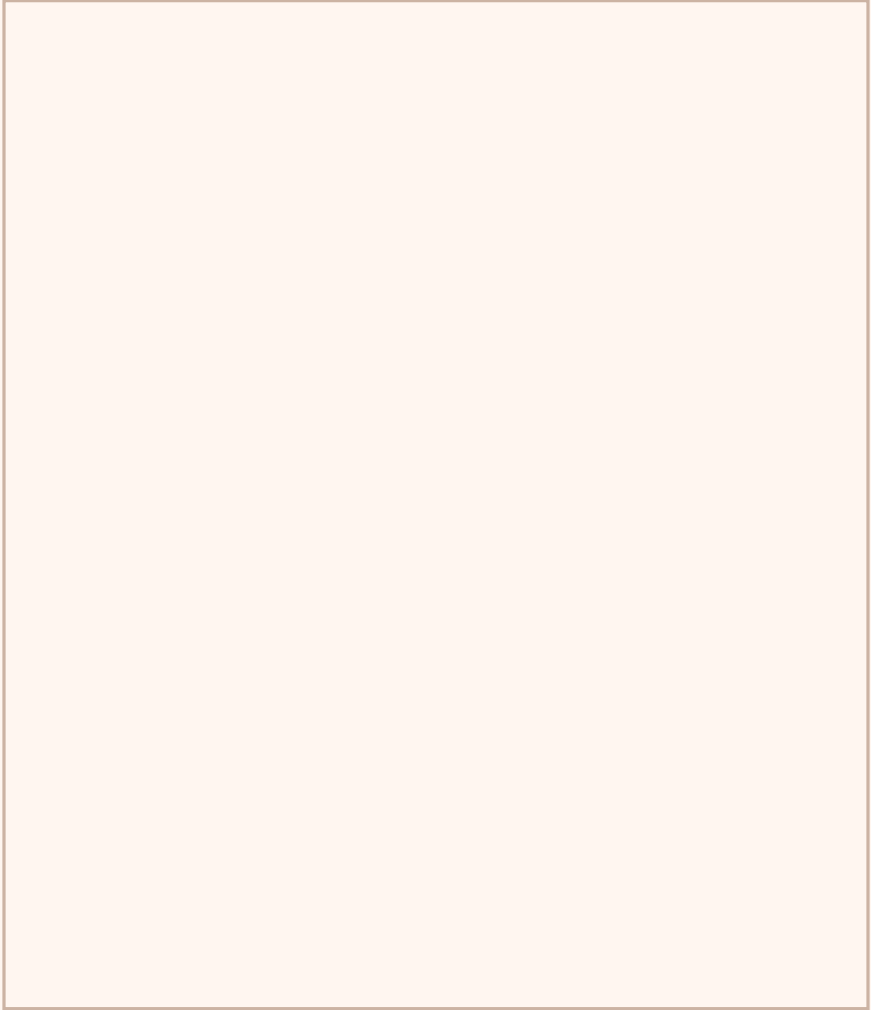
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Draw the Calm 4

+

Draw a storm cloud becoming calm.

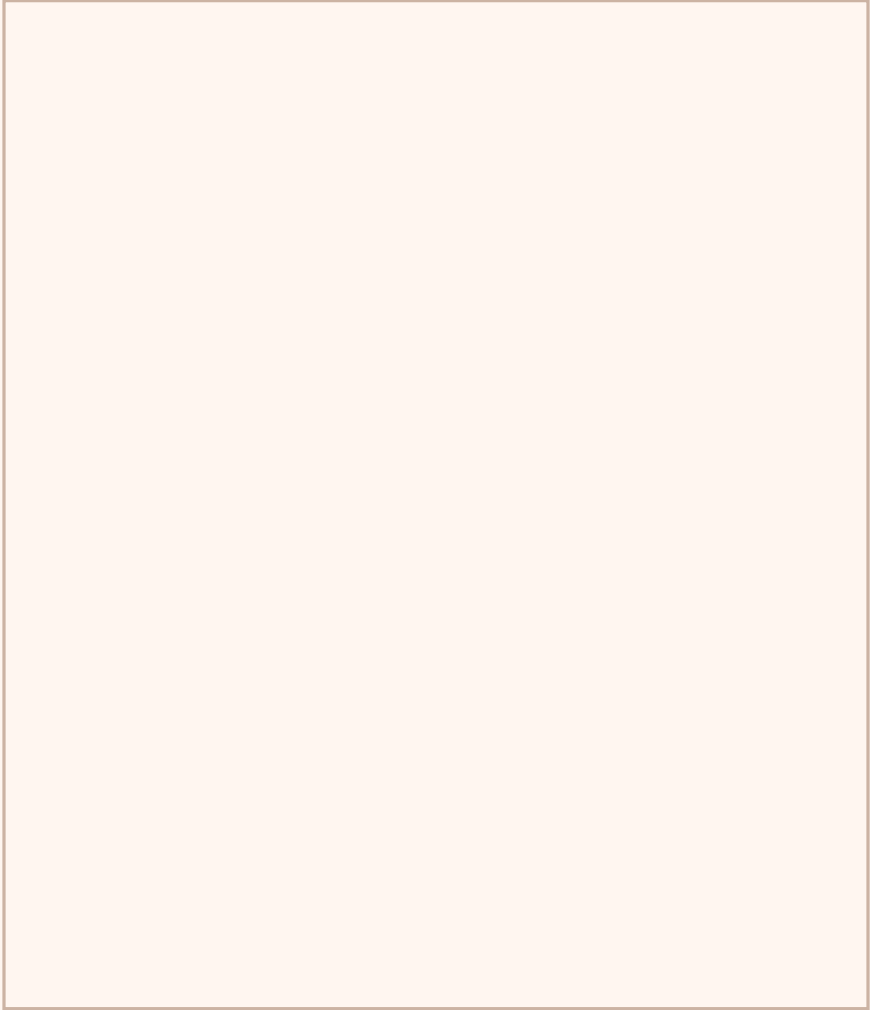


+

Draw the Calm 5

+

Draw someone who helps you feel brave.



+

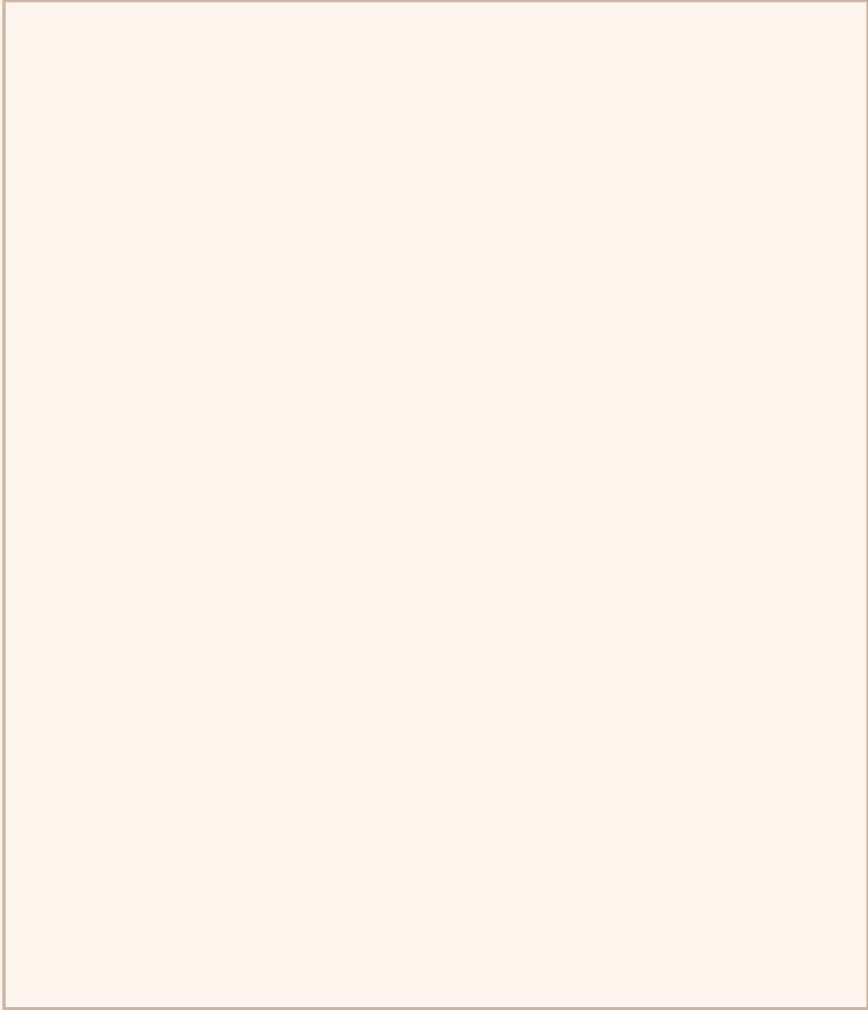
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Draw the Calm 6

+

Draw a game you can play during a storm.



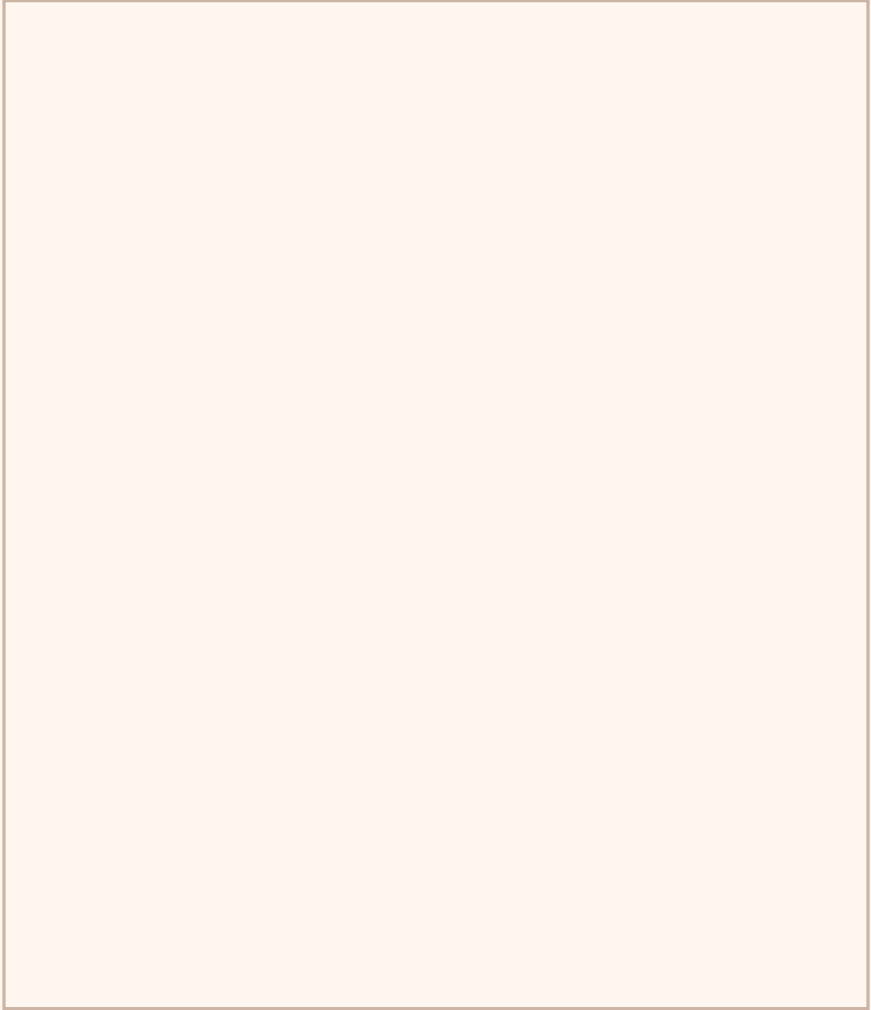
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Draw the Calm 7

+

Draw a song you like to sing.



+

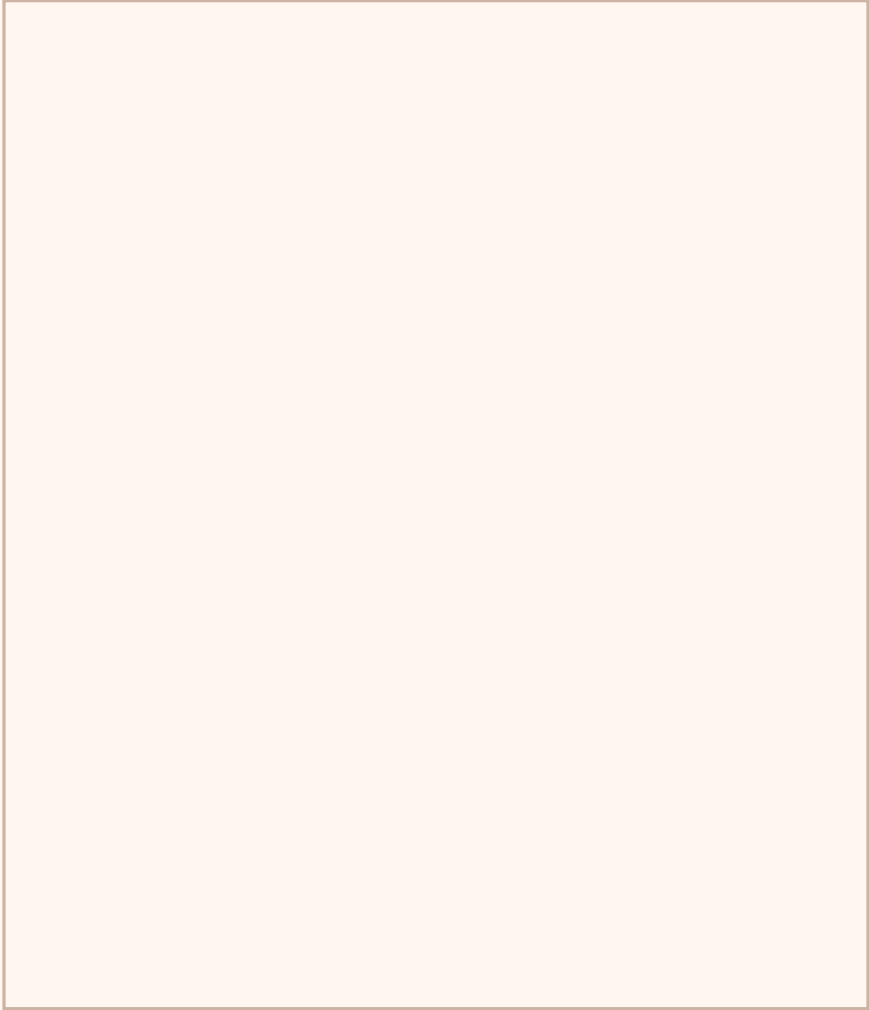
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+

Draw the Calm 8

+

Draw the sun coming back.

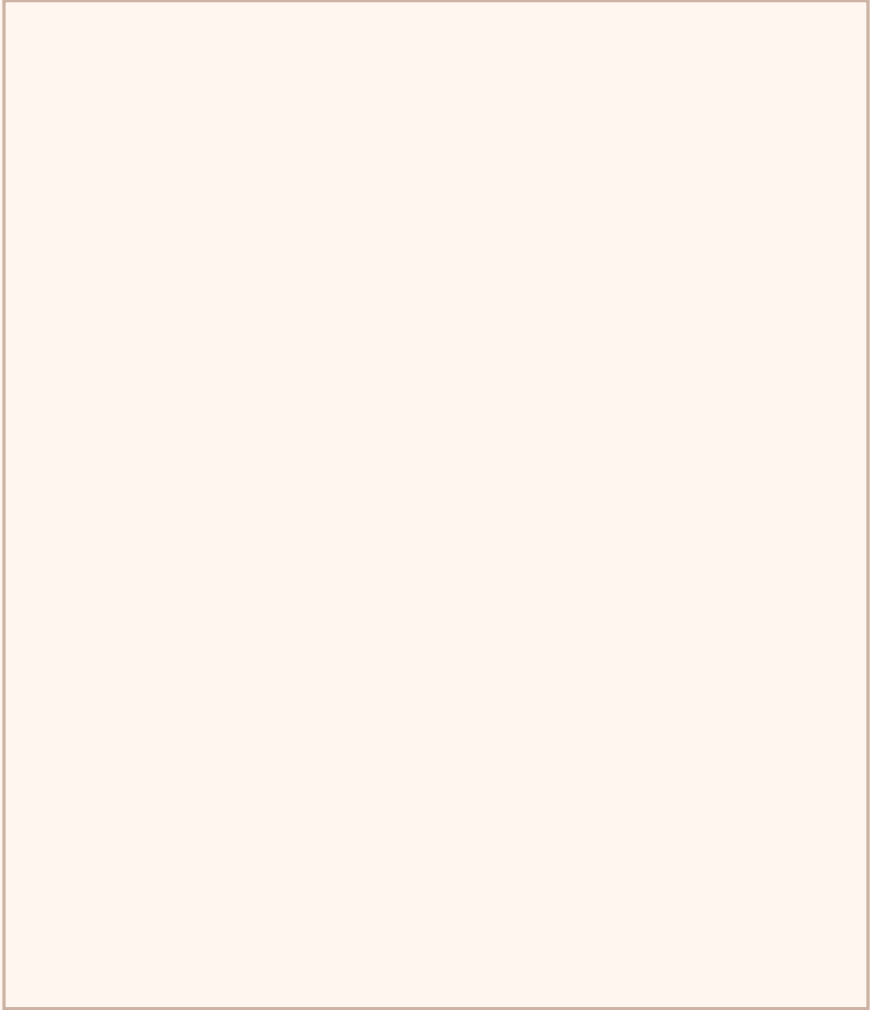


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Draw the Calm 9

+

Draw your brave light.



+

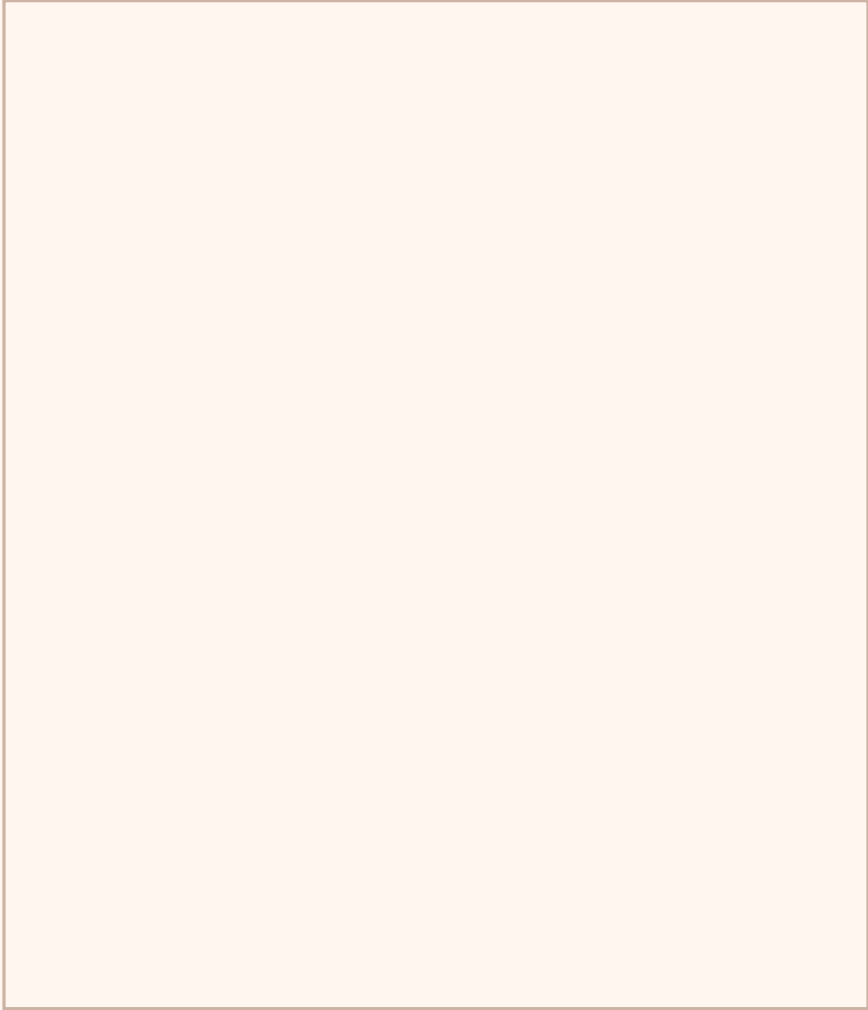
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Draw the Calm 10

+

Draw your favorite part of the story.



+

+

My Storm Feelings Journal 1

+

Write, draw, or ask a grown-up to help.

Today I felt:

The weather was:

Something that helped me feel calm:

One brave thought I can remember:

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+

+

+

My Storm Feelings Journal 2

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Write, draw, or ask a grown-up to help.

Today I felt:

The weather was:

Something that helped me feel calm:

One brave thought I can remember:



+

+

My Storm Feelings Journal 3

+

Write, draw, or ask a grown-up to help.

Today I felt:

The weather was:

Something that helped me feel calm:

One brave thought I can remember:



+

+

My Storm Feelings Journal 4

+

Write, draw, or ask a grown-up to help.

Today I felt:

The weather was:

Something that helped me feel calm:

One brave thought I can remember:



+

+

My Storm Feelings Journal 5

+

Write, draw, or ask a grown-up to help.

Today I felt:

The weather was:

Something that helped me feel calm:

One brave thought I can remember:



+

+

My Storm Feelings Journal 6

+

Write, draw, or ask a grown-up to help.

Today I felt:

The weather was:

Something that helped me feel calm:

One brave thought I can remember:

+

+

My Storm Feelings Journal 7

+

Write, draw, or ask a grown-up to help.

Today I felt:

The weather was:

Something that helped me feel calm:

One brave thought I can remember:

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+

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My Storm Feelings Journal 8

+

Write, draw, or ask a grown-up to help.

Today I felt:

The weather was:

Something that helped me feel calm:

One brave thought I can remember:

+

+

+

+

My Storm Feelings Journal 9

+

Write, draw, or ask a grown-up to help.

Today I felt:

The weather was:

Something that helped me feel calm:

One brave thought I can remember:

+

+

+

+

My Storm Feelings Journal 10

+

Write, draw, or ask a grown-up to help.

Today I felt:

The weather was:

Something that helped me feel calm:

One brave thought I can remember:

Count and Calm 1

When lightning flashes, count slowly and breathe.

I counted:



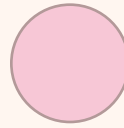
one



two



three



four



five

The thunder sounded like:

Now I can breathe slow and smooth.

Count and Calm 2

When lightning flashes, count slowly and breathe.

I counted:



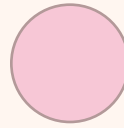
one



two



three



four



five

The thunder sounded like:

Now I can breathe slow and smooth.

Count and Calm 3

When lightning flashes, count slowly and breathe.

I counted:



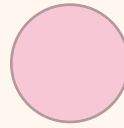
one



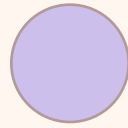
two



three



four



five

The thunder sounded like:

Now I can breathe slow and smooth.

Count and Calm 4

When lightning flashes, count slowly and breathe.

I counted:



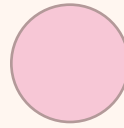
one



two



three



four



five

The thunder sounded like:

Now I can breathe slow and smooth.

Count and Calm 5

When lightning flashes, count slowly and breathe.

I counted:



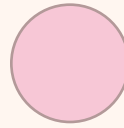
one



two



three



four



five

The thunder sounded like:

Now I can breathe slow and smooth.

Count and Calm 6

When lightning flashes, count slowly and breathe.

I counted:



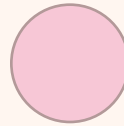
one



two



three



four



five

The thunder sounded like:

Now I can breathe slow and smooth.

Count and Calm 7

When lightning flashes, count slowly and breathe.

I counted:



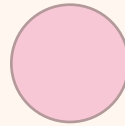
one



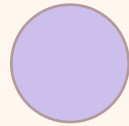
two



three



four



five

The thunder sounded like:

Now I can breathe slow and smooth.

Count and Calm 8

When lightning flashes, count slowly and breathe.

I counted:



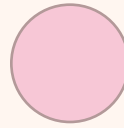
one



two



three



four



five

The thunder sounded like:

Now I can breathe slow and smooth.

Storm Safety Talk

With a grown-up, write one safe thing to do during a storm.

1. _____

2. _____

3. _____



My Calm Words

Write or trace words that help your body feel
safe.

I am safe.

I can breathe.

Storms do not last forever.



Read It Again

My favorite page was:

I liked it because:

A calm skill I can try is:



Thank You for Reading

May every storm end with a brave breath, a
warm light, and a calm heart.



My Brave Storm Plan

A grown-up can help me fill this in before the next storm.

When the sky gets dark, I can:

Count slowly

Breathe in and out

Hold a safe hand

Find a cozy light

My own calm idea:

After the Storm

Draw or write what feels better when the storm passes.



The calm after the storm feels like...

Storm Sounds Can Be Silly

Turn loud sounds into playful words.

Thunder sounded like:

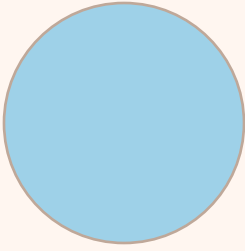
I can say:

*Crackle, crash, boom, bang, bash -
storms feel big, but they will pass!*



One More Calm Breath

Finish the book with one gentle breath.



In through your nose -
hold two.



Out through your mouth -
slow and smooth.

*I can pause. I can breathe. I can feel
better.*