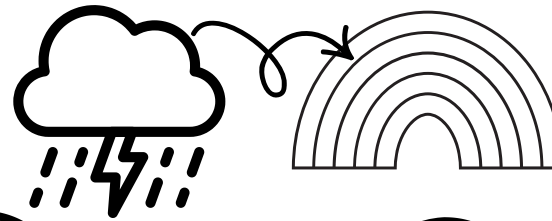


My Calming Strategies

When I feel stormy inside, these help me find my rainbow again.



Name: _____

Date: _____



Take slow, deep breaths



Go for a walk or move your body



Listen to music



Draw or write your feelings



Imagine your safe or happy place



Squeeze a stress ball or fidget



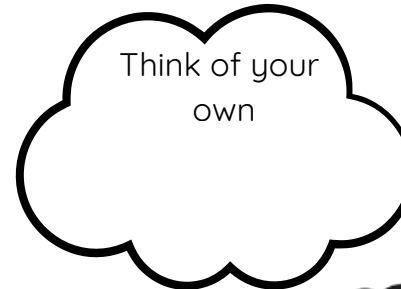
Spend time with a pet or loved one



Talk to someone you trust



Take a break in a calm space



Think of your own



WHEN I FEEL STORMY

Circle how you feel:



Angry



Sad



Worried



Tired



Overwhelmed



Calm

Then ask yourself:

- What's one calm strategy I can try right now?
- Who can help me if it doesn't work?

