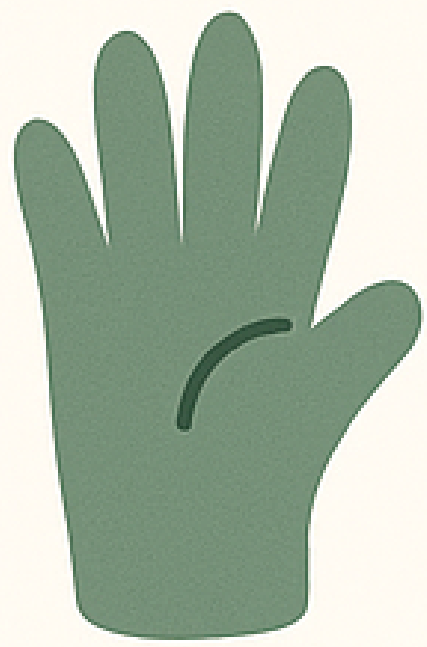


BACK-TO-SCHOOL STRESS RESET



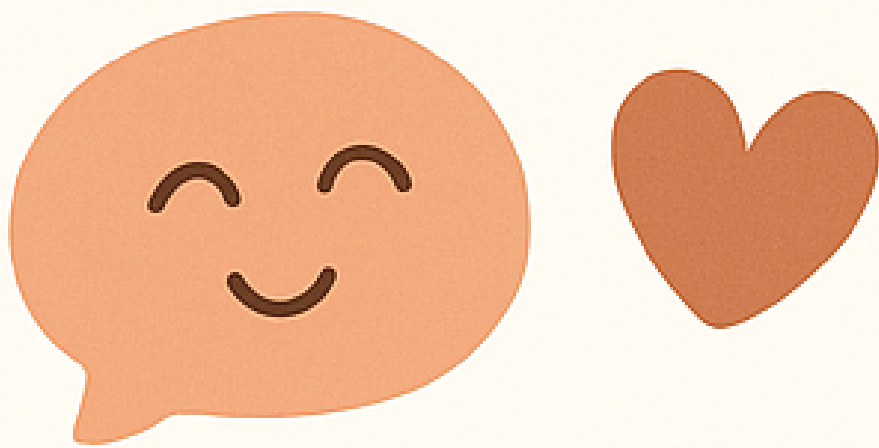
BOX BREATHING

Breathe in, hold, breathe out,
hold (count to 4 for each)



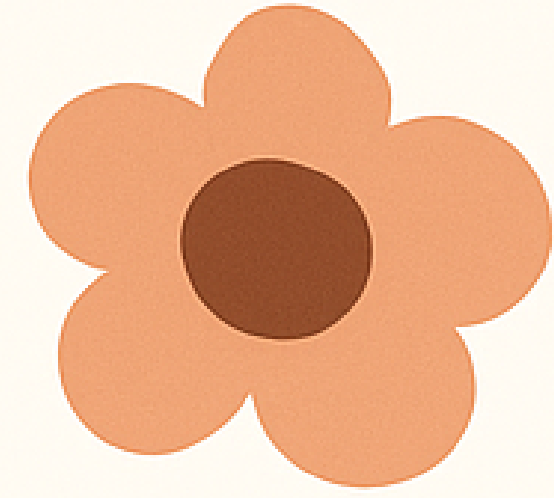
NAME 5 THINGS

Say five things you
can see around you



WALK & TALK

Take a walk and chat
with a friend



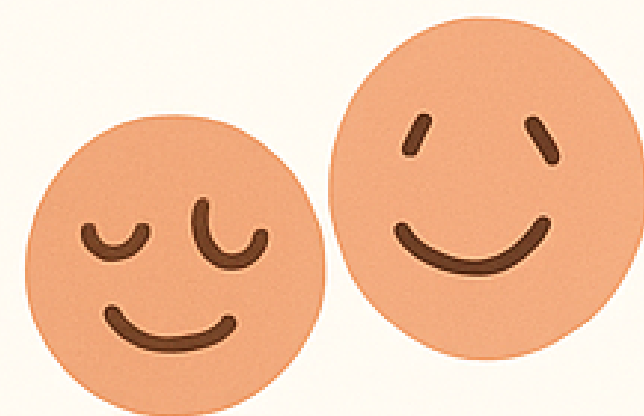
SENSORY RESET

Close your eyes and
focus on your senses
for a minute



BRAIN DUMP

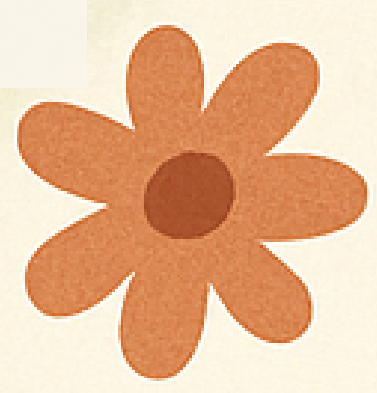
Write down all the
thoughts in your head



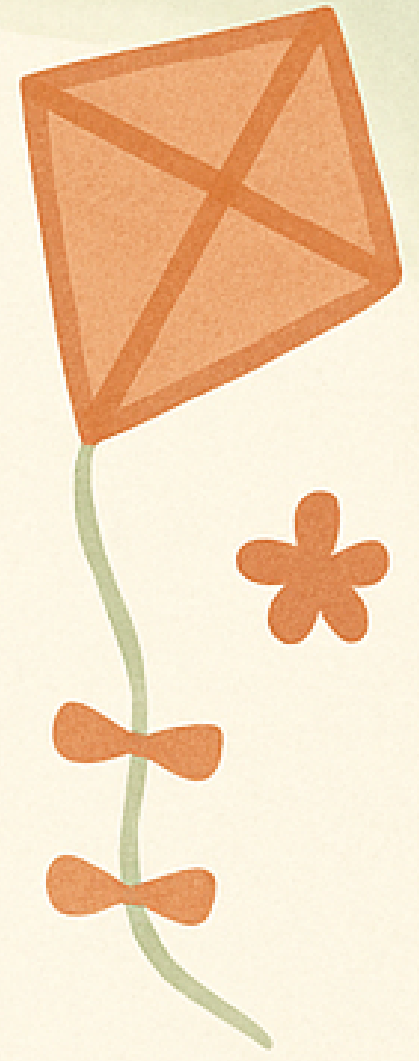
My Go-To Calming Tricks

- _____
- _____
- _____

Safa Mahjoub, MSc., TBLI, MHFA



Free Spirit School Day

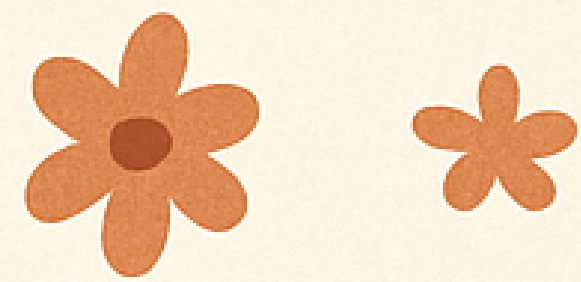


How we're feeling today:

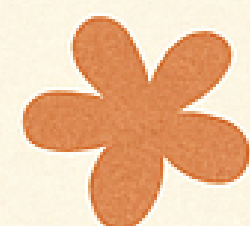
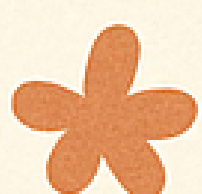
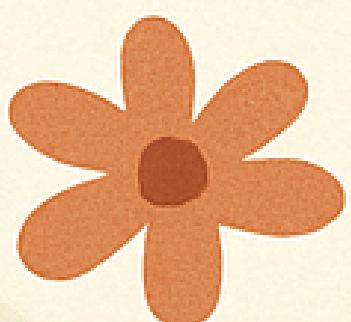


Flexible schedule

TIME	ACTIVITY



One thing I can let go or.



Back-to-School Calm Map

