



**WAYS I CAN
CALM DOWN**



YOGA

Choose 3 to 5 yoga positions from the yoga book in this basket to practice. Don't forget to focus on your breathing!

COLORING



Take a few minutes to color a picture using the coloring paper and crayons in this basket.



THINK HAPPY THOUGHTS

Did you remember to tell yourself how awesome you are today? Read a few of the cards from "My Positivity Place."



BALLOON BREATHING

Look for the balloon breathing instruction sheet to practice your deep breathing. Doing this will not only help you calm down, but make you feel better afterwards.



COUNTING TO 10

Sometimes all it takes is counting to 10. You can take a few seconds to count, or shake the glitter bottle and watch the glitter settle.



SQUEEZE SOMETHING

If you are feeling angry, irritated or even frustrated, use the playdough or the stress ball to help make these feelings go away.