

Choose what is best for you

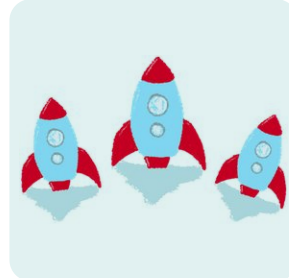
Circle the ideas you like best. Then pick one when a feeling gets big.



1. Rain-cloud breath



2. Bubble breaths



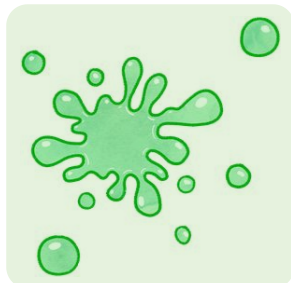
3. Spaceship countdown



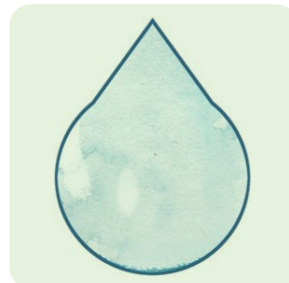
4. Balloon belly breath



5. Jump it out, then slow down



6. Squish and let go



7. Water



8. The 3-3-3 noticing game



9. Paint it out



10. Air-painting



11. Listen to music



12. Cuddle a pet or a soft toy



13. Be with someone who makes you feel safe



14. Follow one leaf down



15. Let it go balloons



16. A calm tent

My favorite way to calm down is _____

"Everyone has a different way to calm down." (from the book)