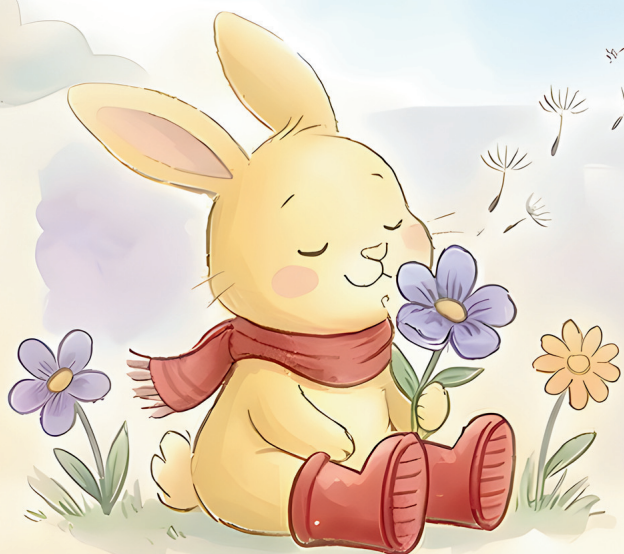


My Calm Down Checklist

Let's check in with our bodies.

1



The Big Bunny Breath

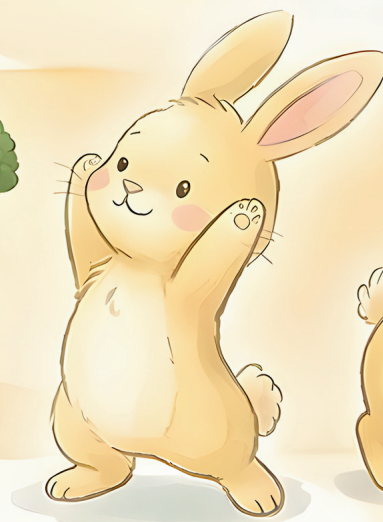
Smell the flower,
blow the dandelion.



2

The Tree Stretch

Reach high, then "flop"
like a willow tree.



3

Squeeze and Release

Fists tight, then let go
"soft like a cloud."



4



A Cool Sip

Notice the water moving
down your throat.



Check in: How does your body feel now?