





I Can Calm My Body

When my feelings feel big,
I have tools to help me 

1 Breathe

Take a slow breath
in... and out



(you can place your hand
on your belly) 

2 Press

Press your hands
together and feel
the strength in
your body



3 Ground

Stamp your feet gently
and notice the floor
beneath you



4 Hold

Give yourself a hug
or hold something soft



5 Look

Find 3 things you can see
and name them slowly



I can take my time.
My body will calm down. 