

Keeping Calm

Date: _____

Something I can SEE that helps calm me down:

Something I can HEAR that helps calm me down:

Something I can SMELL that helps calm me down:

Something I can THINK ABOUT that helps calm me down:

Draw or paste a picture of
something that calms you down!

A large, empty rectangular box with a thin black border, intended for a drawing or a pasted image. It occupies the central portion of the page.