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:

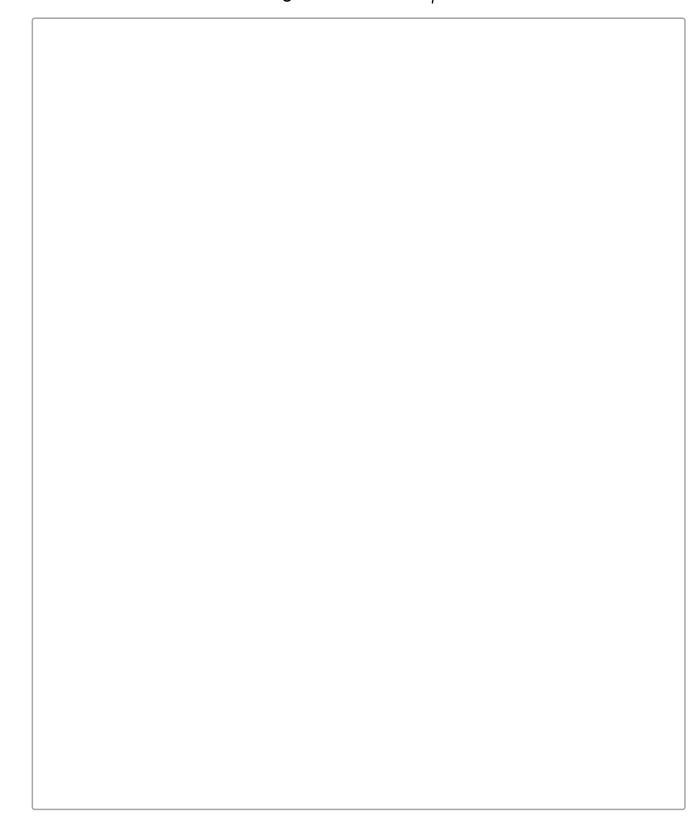
Something I can THINK ABOUT that helps calm me down:

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



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