

Ask
for Help



Think of
a Happy
Memory
or
Peaceful
Place



Ask
Permission
to Quietly
Exercise



Use a Tool
from the
Calm Box



Draw
or Color



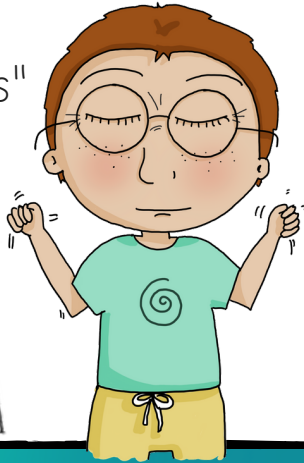
Read a
Book or
Look at
Feel-Good
Pictures



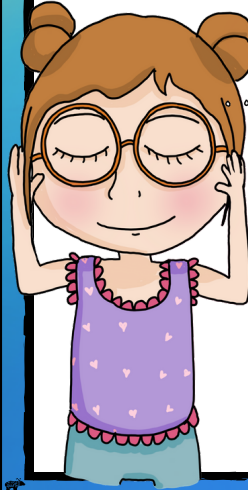
Squeeze Then Relax My Muscles

Try "Rocks & Socks"

Zooming all my strength into making fists, it's like my hands transform into solid rocks. Then I release my fists, letting my hands and arms dangle like floppy socks.



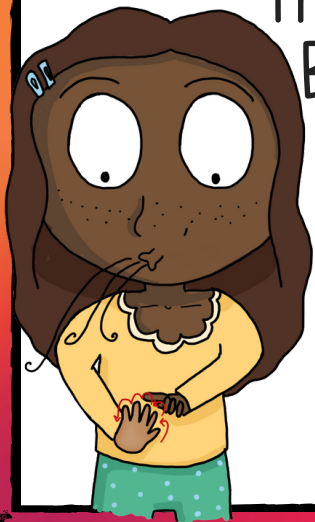
Try Wave Breathing



Place my hands over my ears and breathe slowly and deeply, listening to the ocean wave sound that my breath makes.

Try 5 Finger Breathing

Slowly trace my hand with my finger, breathing in, as I trace my fingers going up...breathing out, as I trace my fingers going down.



Give Myself or a Stuffed Animal a Big Hug

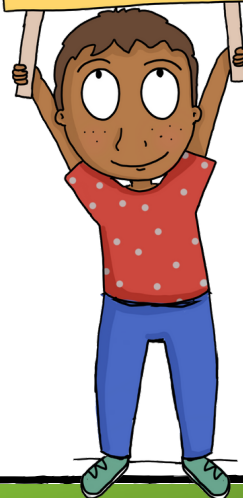


Take Slow Breaths & Just Sit with My Feelings




I CAN GET THROUGH TOUGH THINGS

Use Positive Self-Talk





List 3
(or more)
Positive
Things I Am
Grateful For



Build
Something
or Do a
Puzzle



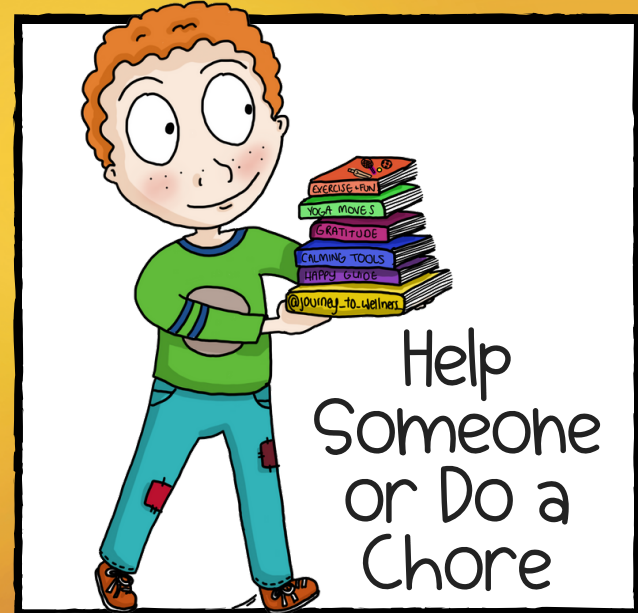
Stretch
or Do Yoga



Get a Hug



Exercise
or Play
a Sport



Help
Someone
or Do a
Chore

EXERCISE + FUN
YOGA MOVES
GRATITUDE
CALMING TOOLS
HAPPY GUIDE
@journey_to_wellness