

I can feel calm by...



going outside.



I can feel calm by...



playing with a friend.



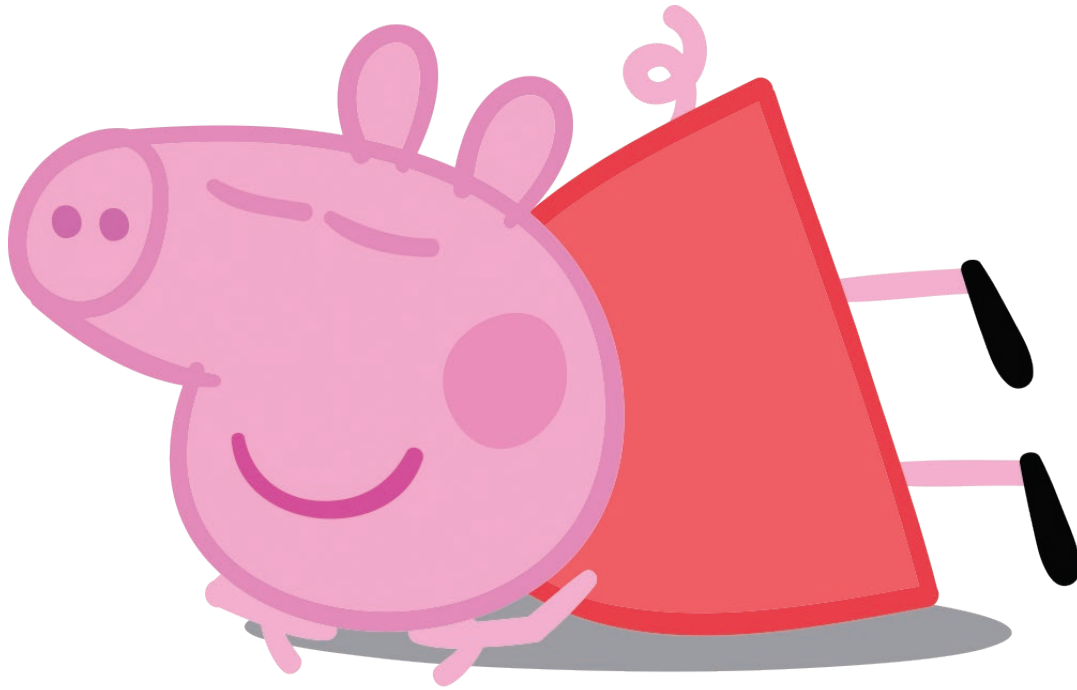
I can feel calm by...



reading a book.



I can feel calm by...



having a lie down.



I can feel calm by...



taking some
deep breaths.



I can feel calm by...



moving my body.



I can feel calm by...



painting my feelings.



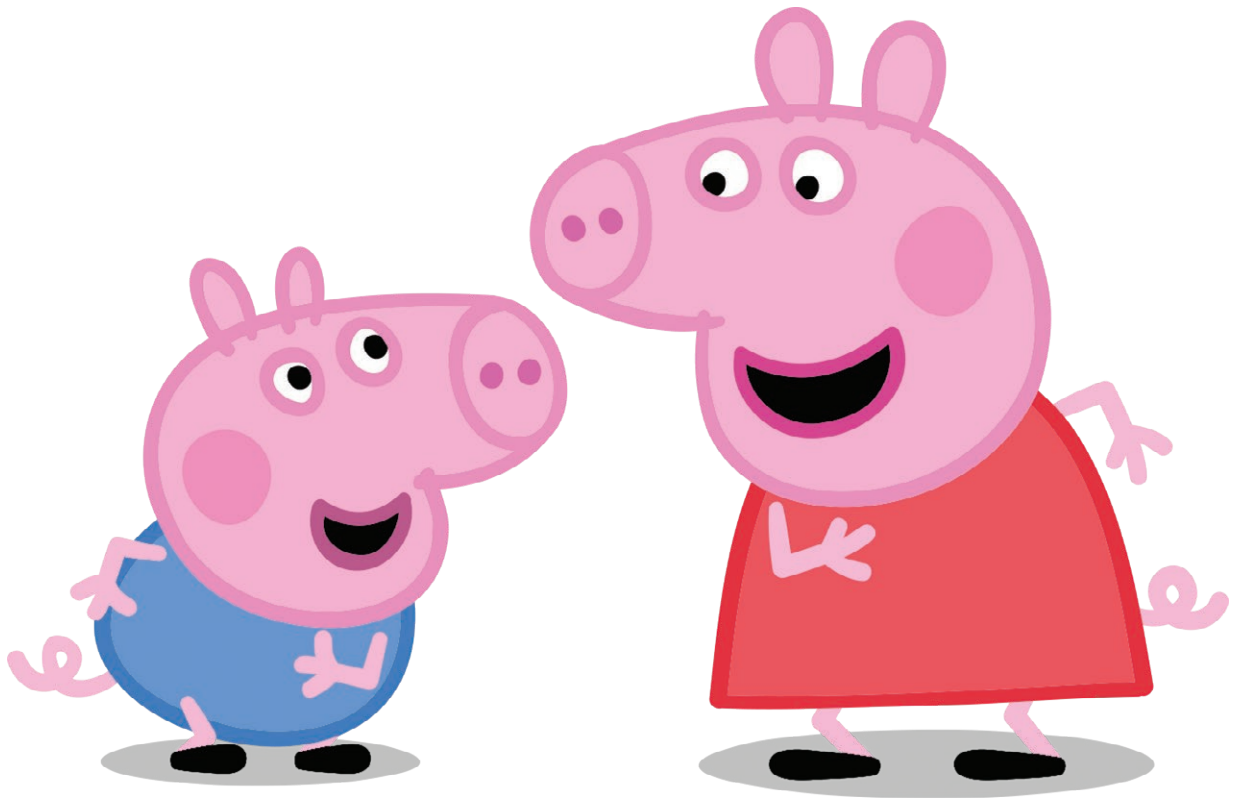
I can feel calm by...



having a cold drink.



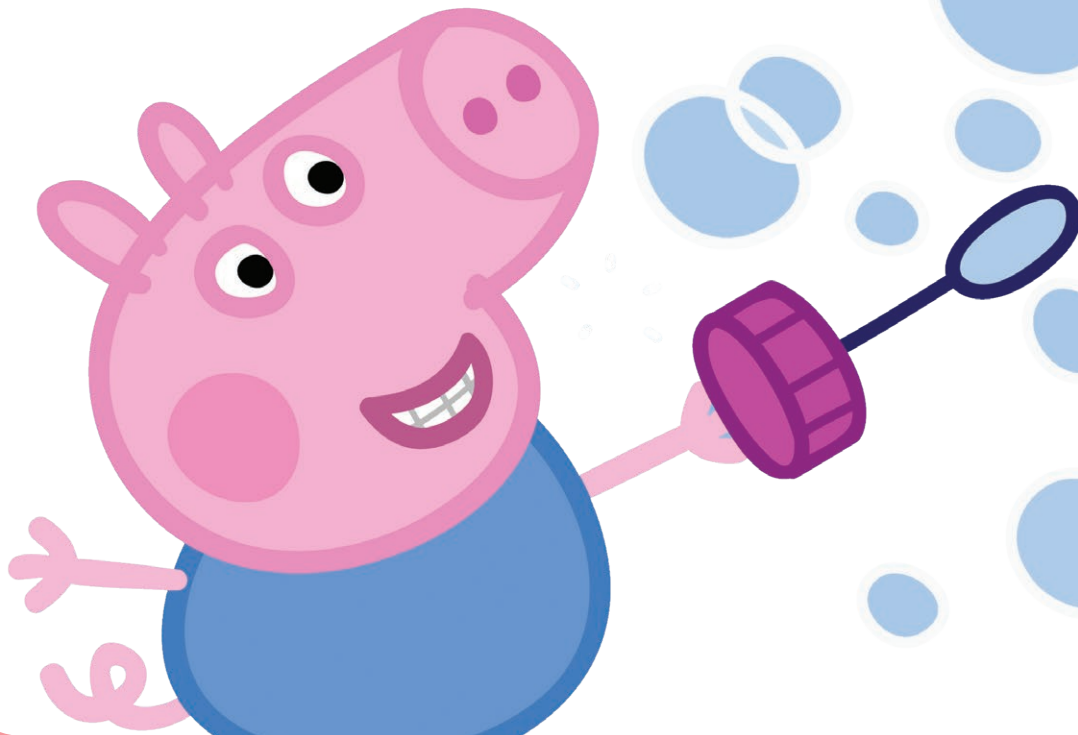
I can feel calm by...



having a dance.



I can feel calm by...



blowing bubbles.



I can feel calm by...



asking for a hug or
hugging myself.

