

# CALM DOWN CARDS



Drink warm tea



Lie down in nature



Challenge yourself



Listen to music



Express your feelings



Build something



***Lie down in nature***



***Go for a climb***



***Feel grateful for one thing***



***Hug a tree***



***Feel the sun on your face***



***Find your jam***



***Draw your feelings***



***Sip some cold water***



***Lie on a cushy rug***



***Give and get a hug***



***Go for a hike***



***Stretch for full minute***



***Do some exercise***



***Get lost in a good book***



***Meditate for a minute***



***Say thanks for good stuff***



***Sip some warm tea***



***Stretch out in grass***



***Challenge your mind***



***Run some steps***



***Build something***



***Look up at the sky***



***Connect with a friend***



***Play a game of ball***



***Splash water on your face***



***Ride a skateboard***



***Smell something good***



***Throw your hands up***



***Flip through good memories***



***Hold something cute***



***Put your legs up***



***Sing like no one is listening***



***Create a warrior cry***



***Push against a wall***



***Pet your pet***



***Give yourself a hug***

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## WRITE IT OUT

WHAT ARE YOU FEELING RIGHT NOW? WHERE ARE YOU FEELING IT?

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WHEN YOU'RE FEELING LIKE THIS, WHAT HELPS YOU?

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REMIND YOURSELF, WHATEVER YOU'RE FEELING IS OKAY. ALL FEELINGS ARE OKAY.

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# 36 WAYS TO FIND MY CALM



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