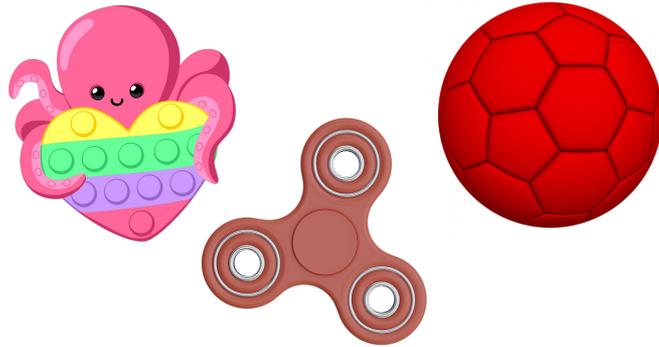


# CALM DOWN CARDS

When you are feeling anxious, pick a calm down card and help yourself relax!

[Make a copy of the calm down cards](#)

# Choose a fidget



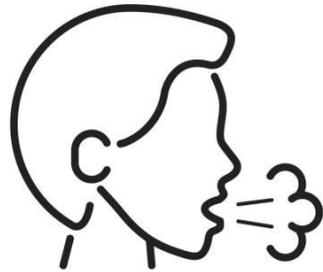
# Listen to music



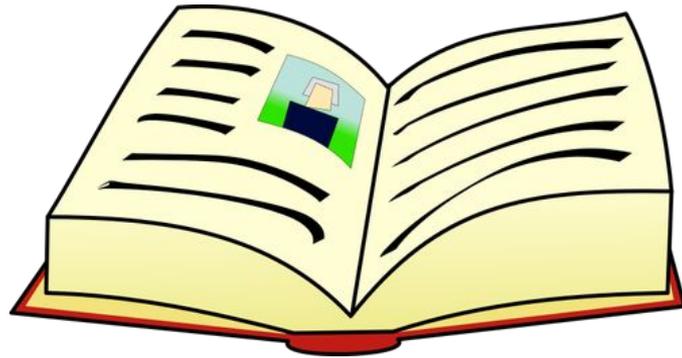
# Try a yoga pose



# Take deep breaths

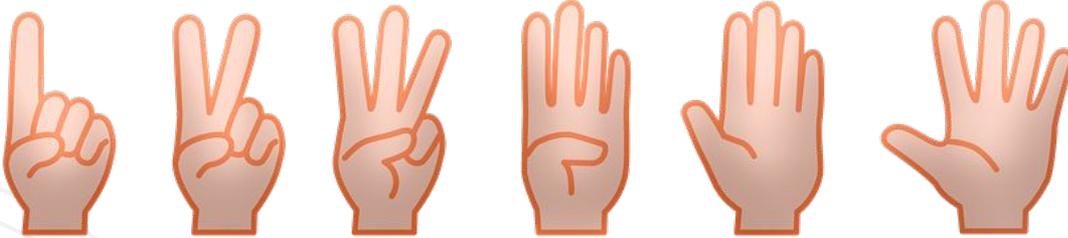


# Read a book

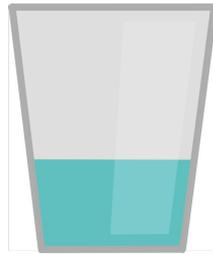
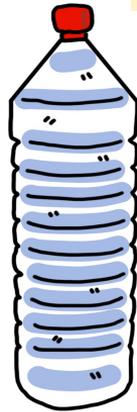


# Count

(objects or **in your head**)



# Drink water

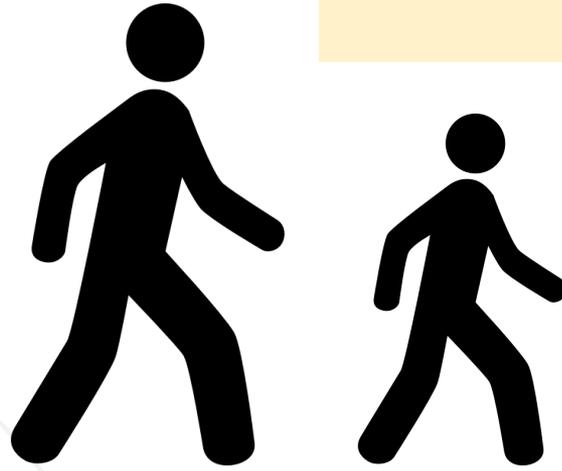


# Choose an activity

(Play a game, do a word search, color, etc.)



# Go for a walk



**Imagine a special  
place**

