

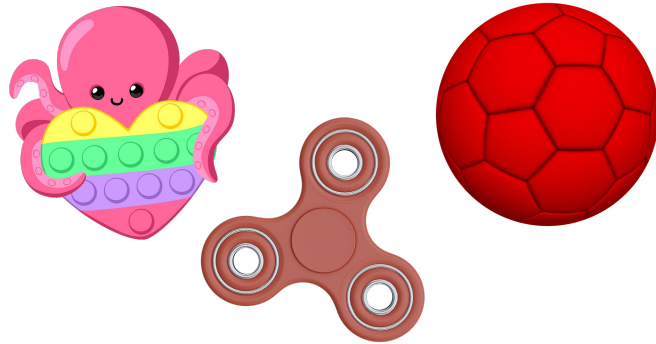


CALM DOWN CARDS

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



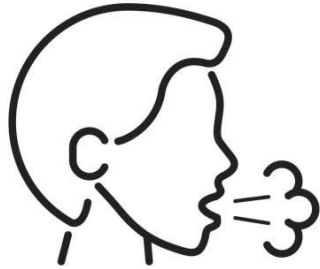
Listen to music



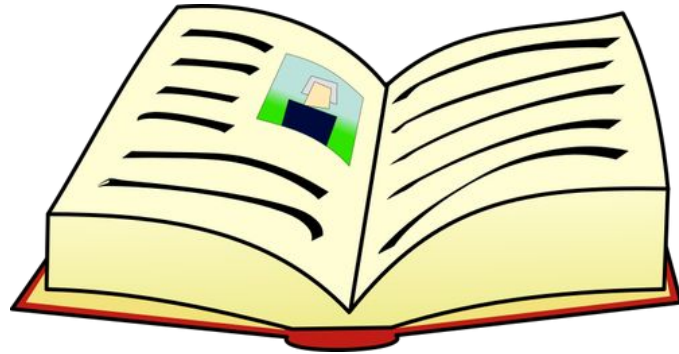
Try a yoga pose



Take deep breaths

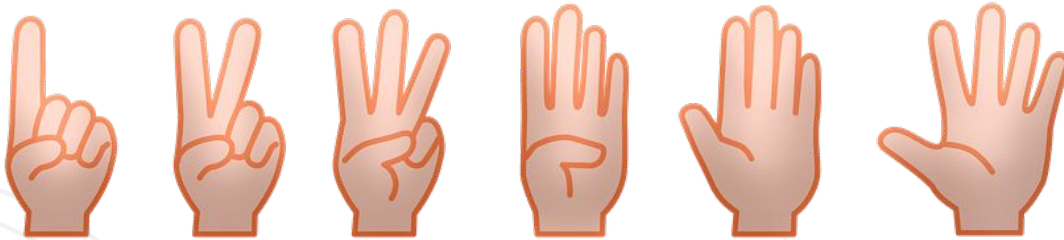


Read a book

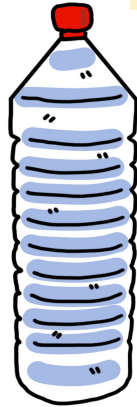


Count

(objects or in your head)



Drink water

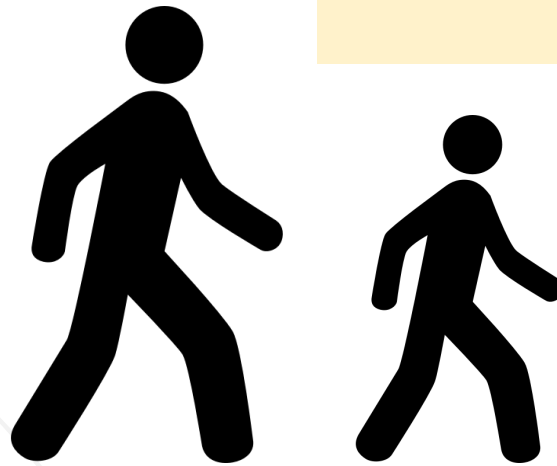


Choose an activity

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



Go for a walk



Imagine a special place

