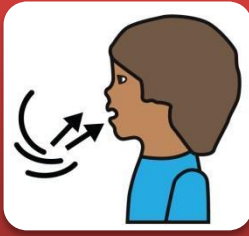


5 Skills to Calm Kids



Breathe

- Place your hands on your belly and breathe deeply and completely - repeat 5x



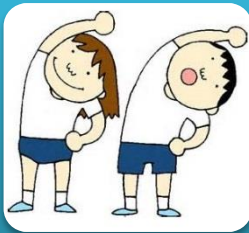
Connect

- Self - Feet on floor, Give yourself a Squeeze
- Others - Talk to or touch a friend or family member
- Nature - Enjoy a few minutes outside



Affirm

- Create three positive phrases which you can repeat to yourself. "I am"



Stretch

- Move your body slowly and mindfully
- Inhale reach up, exhale relax



Visualize

- In your minds eye create a safe, happy, successful place, return as often as you like