

# What can I try? ..

Choose something that can help you feel calm and in control.

## 1 Take Deep Breaths



Breathe in slowly through your nose. Breathe out slowly through your mouth.

## 2 Count Slowly

1 2 3 4 5

Count to 10 slowly. Count forward or backward.

## 3 Squeeze Something



Squeeze a stress ball, pillow, or something soft and let go.

## 4 Stretch



Stretch your arms, neck, and body. Feel the tension melt away.

## 5 Think Happy Thoughts



Think of a place, person, or memory that makes you feel good.

## 6 Color or Doodle



Color, doodle, or draw how you are feeling.

## 7 Listen to Calming Sounds



Listen to peaceful music or calming sounds.

## 8 Use a Fidget



Use a fidget tool to help your body feel calm.

## 9 Drink Some Water



Take a sip of water and give your body a break.

## 10 Hug Something Soft



Hug a stuffed animal, pillow, or blanket.

## 11 Take a Break



Sit quietly and take a few minutes just for you.

## 12 Ask for Help



Talk to a grown-up or someone you trust.

You are doing your best, and that is enough.



It's okay to take a break.



You are not alone.



You can try again anytime.

You've got this! ♥

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