

Choose the tools you would like to carry in your Little Pocket of Calm.

I take 3 slow
breaths
and feel my feet
on the ground.



I stretch my body
or take a
movement break.



I get a drink
of water.



I take
a quiet moment
and notice 5 things
around me.



I count slowly
to 10 and focus
on one thing
at a time.



I draw
or doodle.



I ask for help
or tell someone
how I feel.



I use kind words
with myself
and remember
what makes
me feel safe.



I try again
when I'm ready.

