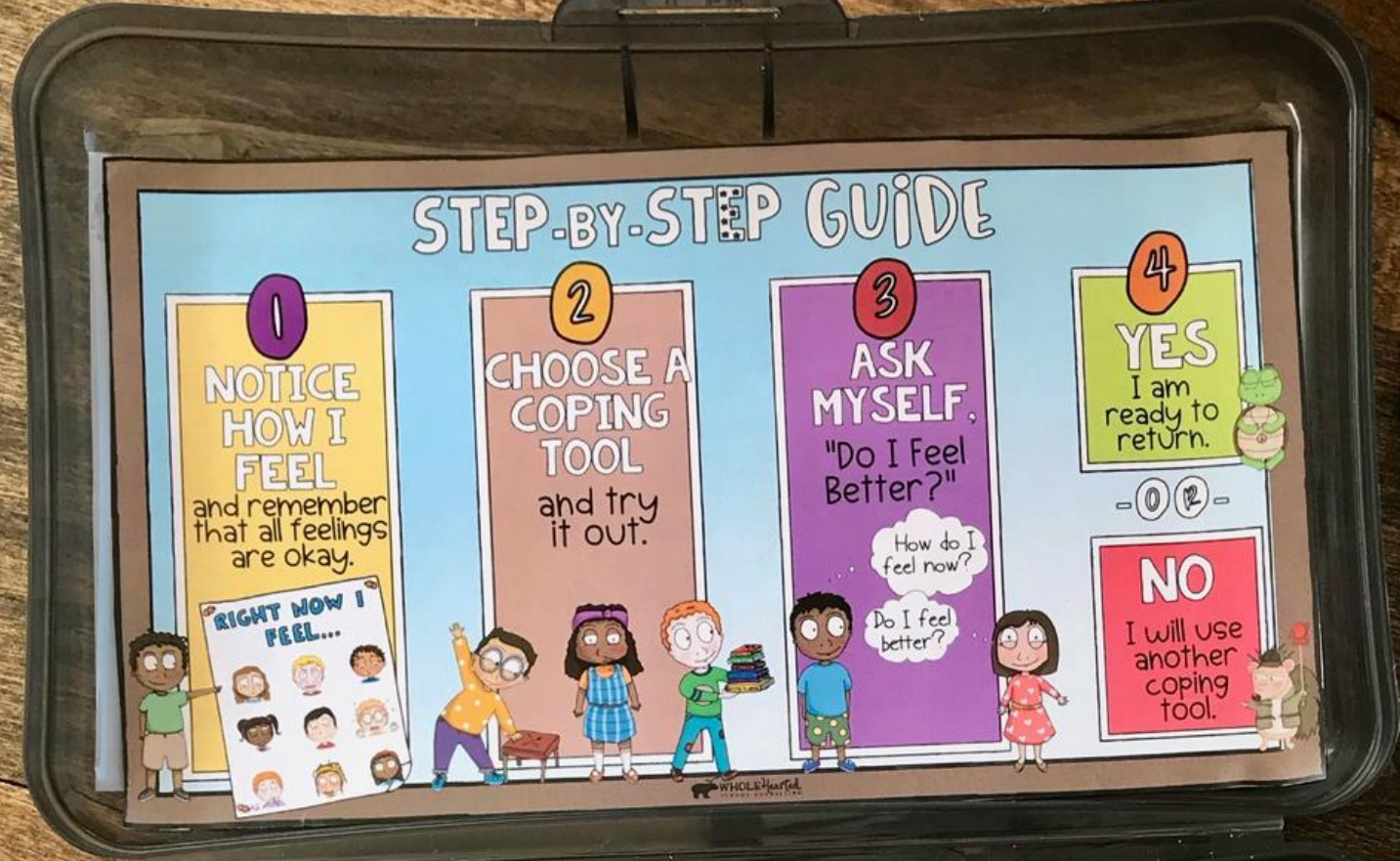


CHOOSE FROM 3 SIZES TO PRINT



MAKE KIDS THEIR OWN **CALM BOXES**



DIGITAL CALM KIDS ACTIVITY BOOK, TOO!



DECODE THE SECRET MESSAGES



CODE KEY												
A	B	C	D	E	F	G	H	I	J	K	L	M
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

Spot the Difference

Try finding the 15 differences between the two scenes.



5 Fishing pole
walkers wearing a shoe
is not wearing a shoe
color. 11 Sun
15 Extra about

LETTER SIZE CALM KIDS BOOK CONTAINS 169 FULL SIZE PAGES

LEARN A NEW JOKE! (YOU CAN FIND THE ANSWERS ON THE NEXT PAGE!)

1. What kind of music are balloons afraid of?
2. What is the smallest room in the world?
3. What is the laziest vegetable?
4. Why did the hummingbird hum?
5. What object is boss during lessons?
6. What did...
7. Why did the chicken cross the road?
8. What letters are not in the alphabet?
9. Where do sheep get their hair cut?
10. Why is a football stadium always cool?
11. What animal is...

MY STRENGTHS

Something I am really good at is...

A time I was brave was when...

I enjoy learning about...

TALK IT OUT TO RESOLVE A CONFLICT

STEP #1 ASK: WHAT IS THE CONFLICT?
Each person takes a turn stating what the problem is.
When it is your turn to talk, you can say something like:
1. "This is what I think happened..."
2. "When this happened, I felt ____"
The person who is not talking is listening.

STEP #2 BRAINSTORM SOLUTIONS
Take turns suggesting possible solutions. Be creative and come up as many ways to solve the problem as you can.
Remember to take turns talking and listening!

STEP #3 CHOOSE A WIN-WIN SOLUTION
Pick the most fair solution for both people. Agree on a solution that is respectful and kind for everyone.
If you come up with a few really good solutions and have a hard time choosing, try doing Rock-Paper-Scissors or flip a coin to decide.

STEP #4 TRY IT!
Try out the solution. See if it helps!

THESE ARE SOME THINGS THAT MAKE ME SMILE OR LAUGH

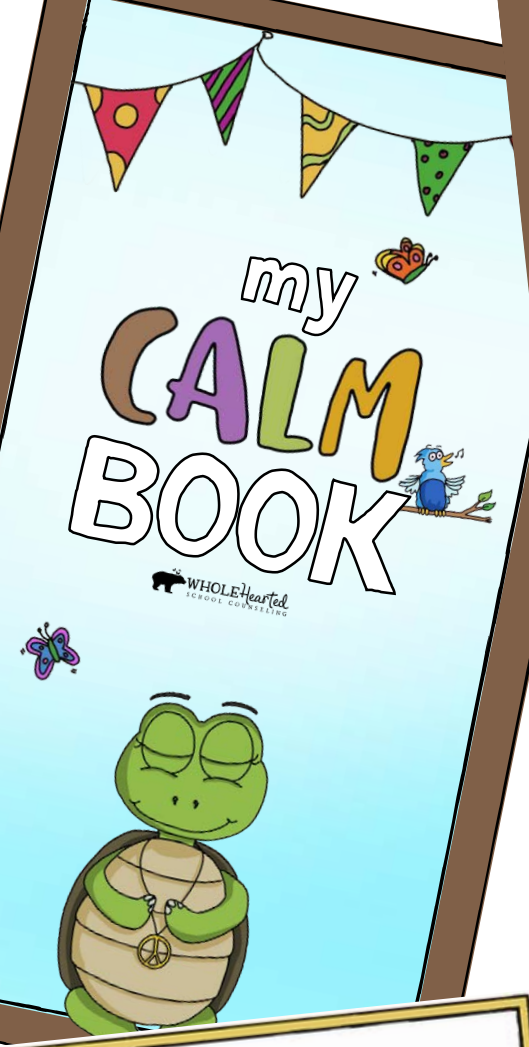
Blank space for drawing or writing.

NATURE TREASURE HUNT

On your Nature Treasure Hunt, search for the items listed below. Write about or draw what you discovered in the blank spaces below.

something very old	something tiny	something you can feel
something that changes with the seasons	something peaceful	something that is your favorite color
something that flies	something bright	

MEDIUM SIZED CALM BOOK: CONTAINS 65 PAGES



STEP-BY-STEP GUIDE

0 NOTICE HOW I FEEL and remind myself that ALL feelings are okay.

1 CHOOSE A COPING TOOL and try it out.

2 ASK MYSELF, "Do I Feel Better?"

RIGHT NOW I FEEL...

How do I feel now?

Do I feel better?

FOCUS ON THE GOOD

I will...

- List what I am grateful for
- Send a thank you card
- Remind myself of my strengths
- Focus on what I can control

WHAT ELSE?

TIGHTEN then RELAX MY MUSCLES

I will...

- Do chair or wall push-ups
- Give myself an arm and shoulder massage
- Give myself a big hug
- Do toe presses
- Do toe socks and socks

I NEED...

- help with my work
- help with friends or other kids
- a short break
- ATTENTION & CONNECTION
- to feel SAFE
- to talk about my feelings
- to move
- help with a problem at home
- a second chance or do-over
- to feel cared for
- help to solve a problem
- to eat
- WATER
- encouragement

ACTS OF KINDNESS

CHALLENGE YOURSELF AND KIND ACTS

- Write a positive note or you card to someone.
- Draw a picture and gift it to someone.
- Say "Hi" to a person you've never spoken to before.
- Be a good, caring listener.
- Make someone laugh or tell a funny joke.
- Help someone find what they are looking for.
- Teach someone something new.
- Do a chore for someone.
- Help someone clean up their mess.

STOP BREATHE THINK CHOOSE

WHEN YOU ARE FEELING MAD, FRUSTRATED, IMPULSIVE, ANXIOUS OR READY TO EXPLODE, INSTEAD OF ACTING OUT ON THAT FEELING, TRY TO JUST:

1. Stop what you are doing. Don't say anything. You can even politely walk away for moment.
2. Take a few deep breaths. Just focus on your breathing. This will help calm your body and mind.
3. Think about your different choices and consider possible solutions which are helpful and kind.
4. Choose how to respond. Then do that next.

STOP AND BREATHE

THINK

THEN CHOOSE WHAT TO DO

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MINI CALM BOOK: CONTAINS 48 MINI PAGES

MY MINI CALM BOOK

STEP-BY-STEP GUIDE

1. NOTICE HOW I FEEL and remind myself that ALL feelings are okay.
2. CHOOSE A COPING TOOL and try it out.
3. ASK MYSELF, "Do I Feel Better?"
4. YES I am ready to return. OR NO I will use another coping tool.

I will... DRAW or COLOR

- Draw or color how I feel
- Draw what happened or what I hope will happen
- Just doodle, scribble, or color

I CAN DO HARD THINGS

I will do a... BREATHING EXERCISE

- Just take 5 slow and focused breaths
- Use a breathing board
- Do Hot Cocoa

INFINITY BREATHING BOARD

BREATHE IN BREATHE OUT

1. Slowly follow the arrows with your finger.
2. Start in the center and take a deep breath in.
3. When you cross over to the other side, slowly let your breath out.
4. Keep tracing the board with your finger until you feel more calm.

HOT COCOA

Pretend you are holding a mug of hot cocoa between both hands.

Bring the warm mug close to your face and take a slow breath in, smelling the yummy, cocoa aroma.

Slowly, with gentleness, pretend to blow the steam from the hot cocoa to cool it down.

I will... EXERCISE, STRETCH or DO YOGA

- Ask if I can go on a short walk
- Quietly run in place, do jumping jacks or squats
- Stretch or Do Yoga

HERE ARE SOME INDOOR EXERCISES I CAN TRY

RUN IN PLACE JUMPING

I will... FOCUS ON THE GOOD

- Remind myself of my strengths

I AM GRATEFUL FOR:

- my family
- sports
- music
- pizza
- dogs
- rainbows

I DO HAVE CONTROL

- MY ACTIONS: A helpful action I can take
- MY THOUGHTS: A helpful thought I can have
- HOW I RELATE TO OTHERS: A kind way to take care of myself
- MY RESPONSES: A helpful way to respond to others

I will... RELAX MY MUSCLES

Roll your neck or do push-ups

Palm Presses

PALM PRESSES

Push your palms together, with your forearms parallel to the floor.

Breathe in as you look over your left shoulder. Breathe out as you rotate your head and look over your right shoulder.

Breathe in as you return your head to the center.

Repeat this action, but this time starting with looking over your right side.

ROCKS and SOCKS

Take in a deep, strong breath and make fists with your hands.

Squeeze your hands with so much force it is as if your strength can transform your fists into solid, indestructible rocks.

Then exhale and release your fists. Let go of all that tension and relax, as if your hands and arms have turned into dangling socks.

OCEAN WAVE BREATHING

Place your hands over your ears with your hands close your eyes.

Take long and slow in-breaths and out breaths.

Bring your attention to the sounds that your ears make.

Imagine a peaceful ocean and breathe slowly back towards the shore.

NATURE TREASURES

Here are some things you can look for on your Nature Treasure Hunt.

- something very old
- something tiny
- something you can smell
- something peaceful
- something growing

I will... USE a FIDGET

- Use a helpful calming tool
- Do Piano Fingers
- Do Finger Pulls

PIANO FINGERS

Press or touch each of your fingers to your thumb, starting with your index finger, then middle finger, ring finger, and lastly, pinky finger.

Each time you connect your fingers with your thumb, say a power phrase in your mind or quietly aloud that contains either 4 words or 4 syllables. Some power phrase ideas are:

"I am so loved."
"I can handle this."
"I have self-control."

"I will focus."
"I will be strong."
"I am so brave."

FINGER PULLS

Wrap around and lock together your right pointer finger with your left pointer finger.

Pull your fingers away from each other as hard as you can, while still keeping your fingers hooked around each other.

Hold for 5 seconds and then release.

Try this exercise with your middle fingers, ring fingers, and pinky fingers. Then try all fingers at the same time.

I will... BUILD something or MAKE PUZZLE

MAZE

START

Complete the grid so that each column and row has one of each image... and make sure the same image does not show up more than once in any vertical or horizontal line.