

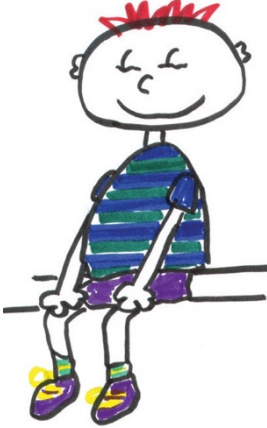



## My Calming Sequence

|   |  |   |   |
|---|--|---|---|
|  |                                       |       |                                  |
| First, I can squeeze my hands together.   | Next, I can take three really slow, deep breaths.<br>Slow in - slow out,<br>slow in - slow out,<br>slow in - slow out. | Then I can sit down, rub my legs and close my eyes.<br>Now I feel more like a 3 or a 2. | I can think about happy things, like my dog or my stuffed lion, or our family cabin in the summer. Now I am at a 1. |

### **Suggested Calming Strategy**

1. Take three long breaths.
2. Stretch your arms up over your head, down and up again.
3. Rub your hands together and count to 3.
4. Rub your thighs and count to 3.
5. Take another long breath.