

My Calm Book

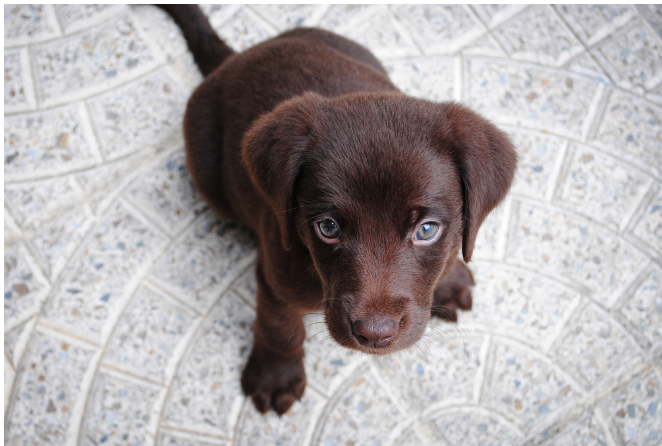
Take 10 slow deep breaths



**Breathe in 1, 2, 3, 4 - HOLD - Breathe out, 1, 2, 3, 4
REPEAT.**



I can drink some water.



I can think about playing with puppies.



I can go to a safe spot in my classroom for 5 minutes.



I can think about a fun time with my friends.



I can do some colouring – I will ask my teacher first.



I can ask my teacher for help.

Acknowledgements and thanks to:

Dog on swing - Photo by Marion Michele on Unsplash

Breathe in Photo by Havilah Galaxy on Unsplash

Image of water bottles Photo by Shrey Gupta on Unsplash

Puppies Photo by Jairo Alzate on Unsplash

Tent – istock evgenyatamanenko

Friends – istock JohnnyGreig

Teacher – istock monkeybusinessimages

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A self-care ebooklet

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