

IDEAS FOR **STAYING SAFE** AND CALMING MY BODY AND BRAIN



drink water



stretch, jump,
or run around



take a deep,
slow breath



listen to music



ask for help



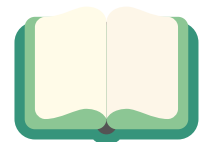
draw or write



leave the room



look at a book



imagine being
in a peaceful place



spin a fidget
spinner



get a hug



squeeze a
squishy toy



remember everyone makes mistakes and
it is okay to feel whatever you feel!

