

# IDEAS FOR STAYING SAFE AND CALMING MY BODY AND BRAIN



drink water 

take a deep, slow breath 

ask for help 

leave the room 

imagine being in a peaceful place 

get a hug 

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stretch, jump, or run around 

listen to music 

draw or write 

look at a book 

spin a fidget spinner 

squeeze a squishy toy 

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

