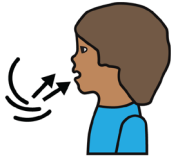




BEING CALM

Being calm means your



breathing is slow



muscles are relaxed



body is comfortable

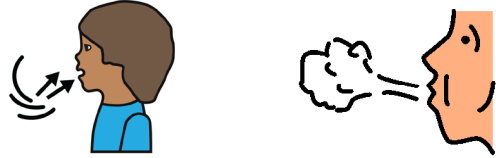


mind is peaceful



heart beat is slow and steady

**Things you can do
to calm your body**



**take a deep breath in 1,2,3
and out 1,2,3**



go to a quiet area and have a break



listen to music



read a book



squeeze a calm ball

