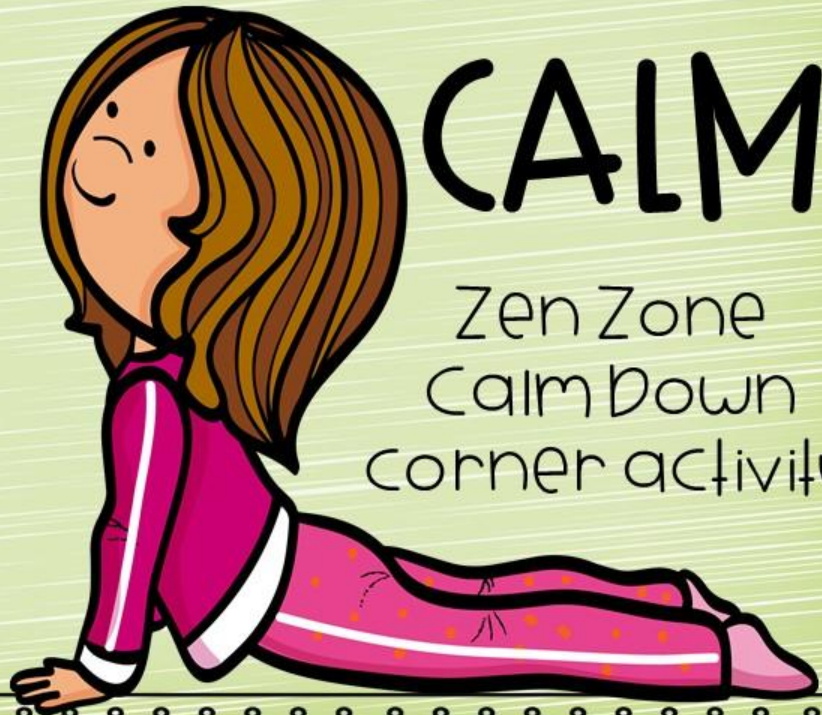


FIND YOUR INNER CALM



Zen Zone
Calm Down
corner activity



FIND YOUR INNER CALM

What does "find your inner calm" mean to you?

Type your answer here...

Calm Means:
A togetherness
of the body
and mind

Sense of
tranquility
throughout
your entire
body

A sense of inner
peace and self
love

Clear mind and
positive attitude



What calming strategies do you currently use?

Drag a check mark to the box with calming strategies you currently use and a X to the ones you do not.

 Jumping Jacks	 Read a Book	 Exercise	 Get a Drink	 Write it Down	 Whatever Works
 Deep Breathing	 Listen to Music	 Play a Game	 Push	 Count to 10	 Happy Thoughts
 Relax	 Stress Ball	 Chew Gum (if allowed)	 Flexible Seating	 Clear Your Mind	 Go For a Walk

KEEP YOUR MIND CLEAR AND BODY CALM

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HOW DOES YOUR BODY FEEL WHEN UPSET?

Drag and drop as many of the phrases that describe how your mind and body feel when you're upset into the blank spaces below.

UPSET STOMACH

SAD

SCARED

SEEING RED

SWEATY

WANT TO ESCAPE

FISTS CLENCHED

SHAKY

FEET STOMPING

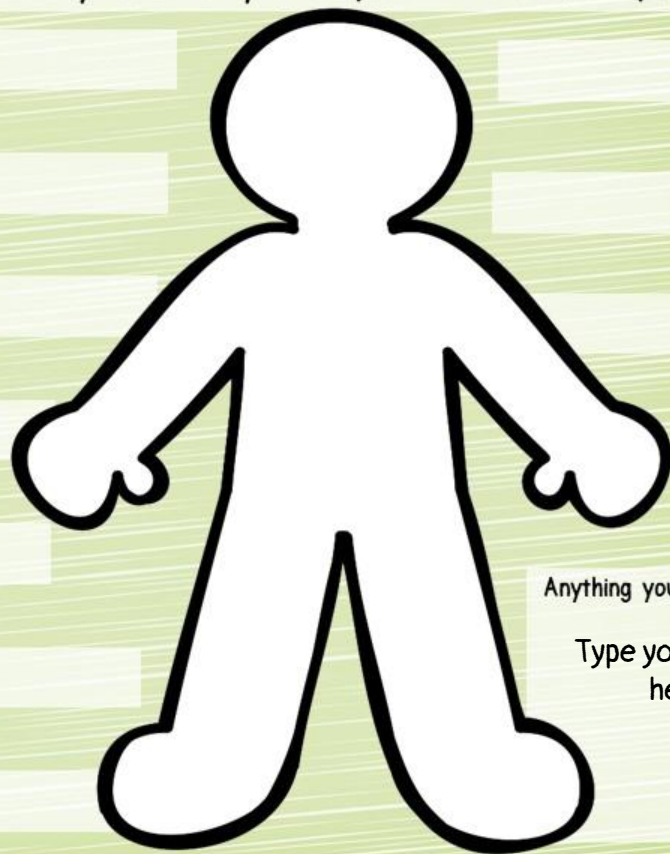
THOUGHTS RACING

OUT OF CONTROL

LONELY

BLURRED VISION

URGE TO RUN



Anything you want to add?

Type your answer here...

WHEN UPSET, WE CAN FEEL LIKE WE ARE NOT IN CONTROL OF OUR OWN BODIES.

TREE POSE

Clear your mind.
Look for calm.



Balance on one foot. Lift your other foot. Find a comfortable spot to rest your foot (except for on your knee).

Does this yoga pose help calm your mind?
Drag the check mark to your answer.



YES

NO

How would you rate this pose?
Drag the green circle to your answer.

1 2 3 4 5
6 7 8 9 10

Any notes, comments, or ideas:

Type your answer here...



Bring palms together.
Hold them in front of your chest.

BALANCE IS KEY

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SING YOURSELF A SONG

1. Think of a song that makes you happy.
2. If appropriate sing quietly to yourself.
3. If you are around others or would bother others by singing out loud, sing the song in your head or hum quietly.



How do you think this would make you feel?

Type your answer here...

Does this calming strategy work for you?
Drag the check mark to your answer.



YES

NO

How would you rate this strategy?
Drag the green circle to your answer.

1 2 3 4 5

6 7 8 9 10

Any notes, comments, or ideas:

Type your answer here...

SING THE SONG IN YOUR MIND IF YOU ARE AROUND OTHERS.

READ A BOOK

1. Find a good book.
2. Get lost in your imagination as you enter the story.
3. Let your mind soar as you escape to another world in your book.

How do you think this would make you feel?

Type your answer here...



Does this calming strategy work for you?
Drag the check mark to your answer.



YES

NO

How would you rate this strategy?
Drag the green circle to your answer.

1 2 3 4 5

6 7 8 9 10

Any notes, comments, or ideas:

Type your answer here...

TAKE A MOMENT TO STEP INTO A DIFFERENT WORLD.