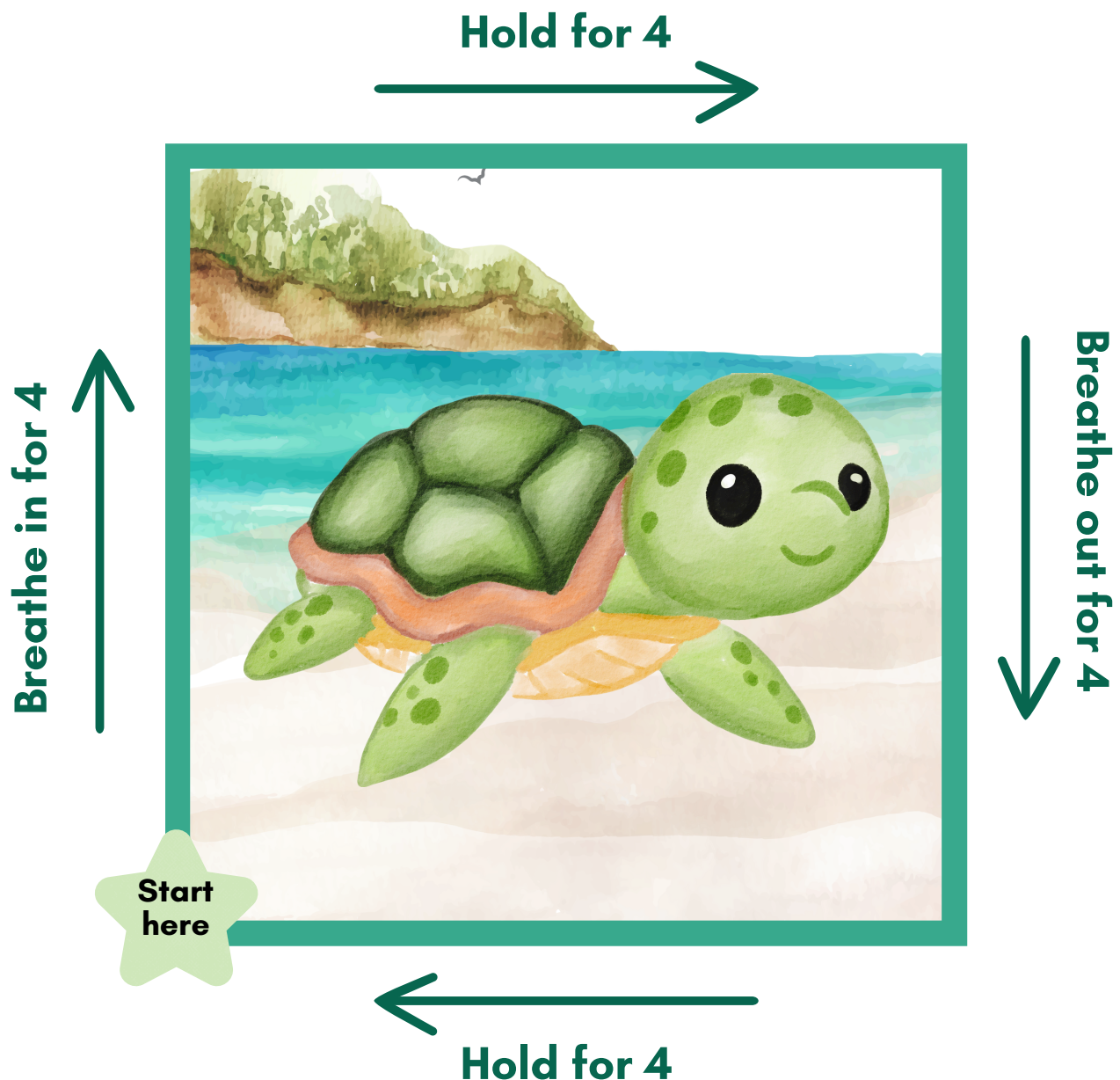


BOX BREATHING

SLOW IT DOWN TURTLE STYLE!

- 1.) Trace your finger up the box while you take a deep breath in for 4 Seconds.
- 2.) Hold your breath for 4 seconds as you trace along the top of the box.
- 3.) Breathe Out For 4 seconds as you trace the box down
- 4.) Hold your breath for 4 seconds, as you trace the bottom of the box



Feelings Meter



It's okay to feel all kinds of feelings.
Take a moment to check in with yourself.
How do you feel today?



Angry

Take deep breaths and count to five.
Try talking to a grown-up.



Frustrated

Stretch, draw, or take a short break.
It's okay to feel this way!



Worried

Try slow breaths or a big stretch.
Talking to a friend can help.



Sad

Hugs, music, or a story can help.
Let someone know how you feel.



Calm

Enjoy this peaceful moment.
Maybe share a smile!



Happy

Spread your joy!
Dance, sing, or share kindness.