

My Calming Tool Kit 😊

Try these strategies
when you are feeling
"blue."

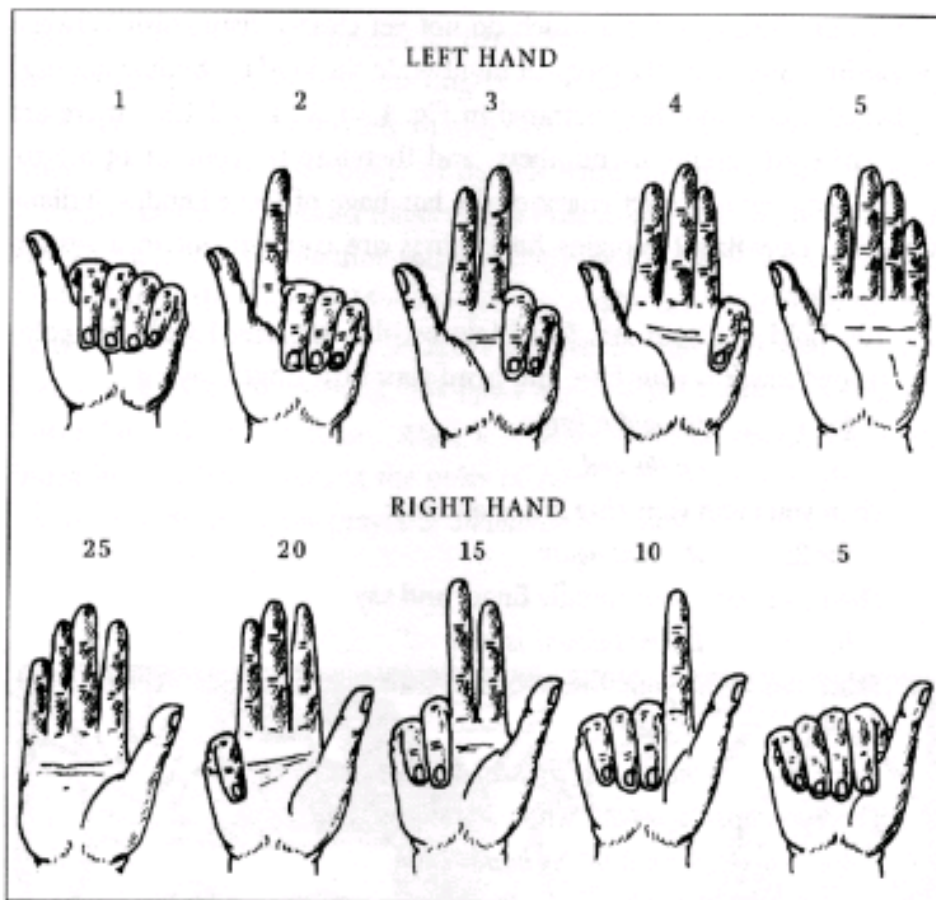
Shake it out!



Talk to an adult
or friend.



Count to 10, 20, or 30...



Write or Draw it out!



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Take **SLOW**
DEEP Breaths.



Twist your
body into a
pretzel.



Squeeze Your Hands.



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