

My Calming Strategies

Strategies I can use to feel calm, focused, and ready.

1 Stuffy Buddy Breathing

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2 Box Breathing

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3 Belly Breathing

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4 Smell the Soup, Cool the Soup

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5 Five Finger Breathing

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6 Figure 8 Breathing

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7 Favorite Memory and Gratitude

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8 Positive Self-Talk

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9 Feel Good Pictures

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10 Go Outside

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