

Name: _____

Date: _____

How to Stay Calm

F U V F X S L O W B R E A T H I N G G H L K M H
L Y O L T N T C C O T J B L Y Y D K M H X S S T
I Y X I Y Q W D Y Y A V E K C V Z S D Z F V N Y
S V S M P F I A T P L Z B D N B Z F E Q P N Z H
T Z O C U U O D T V K F H D Z W C L T C A X P J
E T D F Z E U X S G T D L T L A T M A W I K I H
N Z C J Z S X X R R O D V Y O L D M K A N G A G
T M D M L N H Q R L A N I C M K R M E T T P S R
O H T G E L M I W C F R S T I A X Q A H A F G X
M R R I K B O K S V R R Z B X W I X S T H J S J
U E K A I D F O L N I X G G B A N I H N C Z A X
S S G F E U W T L I E J S R O Y J F O D E I F R
I L J F D B G T Y G N C O L O R D J W M P G L J
C T A O D C O X N D D V J U W N Z T E S K X N X
R D W C O U N T T O T E N U K B O O R B Y Q Q B
Z J I S M N G E T A D R I N K O F W A T E R S D
R B W A T C H A T V S H O W Q Z N G C C R J W T
E R I O W A W R S W R I T E I N A J O U R N A L
P D Y B F U X V E J G J T K V N T B E H Y N H Z
N S M F I D Q Z J W I S Z O N C S F C I C J Q V
K I U D P L A Y A G A M E I O G K L G G D Q Y E
A D U Z U G O S D O R I U G J X A T H G D P C S
P F D P Q I O G O T O A Q U I E T A R E A V L C
J Q Z P V R W A L K A R O U N D T H E Y A R D I

Walk Around the Yard
Go to a Quiet Area
Listen to Music
Count to Ten
Puzzle

Get a Drink of Water
Talk to a Friend
Slow Breathing
Play a Game
Paint

Write in a Journal
Watch a TV Show
Take a Shower
Walk Away
Color