

My Calm Corner

When I need a moment, I can...



Pause – Stop for a moment and take a break.

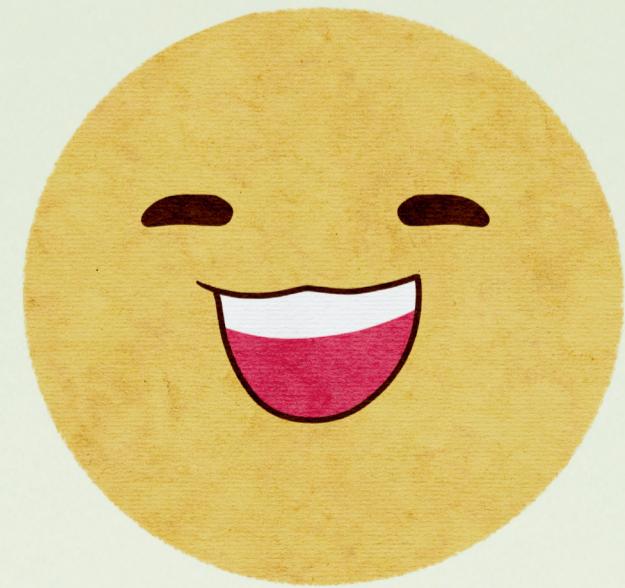


Breathe – In through your nose, out through your mouth.



Stretch – Reach up high, roll your shoulders, or shake your hands.

Smile – Think of something that makes your heart feel happy.



Our Calm Corner

When we need a moment,
we can...



Pause – Stop for a moment and
take a break.



Breathe – In through our noses,
out through our mouths.



Stretch – Reach up high, roll our
shoulders, or shake our hands.

Smile – Think of something that
makes our hearts feel happy.

