Keeping Calm: What works for you?

There are different ways to stay calm like yoga, meditation, deep breathing or even blowing bubbles. In this activity you will focus on the present moment by identifying something that helps you calm down. You will also get a chance to practice deep breathing with Lester.

On the first page of the activity you will write down the things you see, hear, smell and think about that help you calm down. On the second page you will draw a picture or print out an image of some of the things that helps you calm down. You can then put the two pages up on the wall of your room as reminders of ways that you can calm down when you are feeling upset.



Keeping Calm: Try Deep Breathing with Lester

Check out “Emotion Regulation - Calming, Coping Skills - Deep Breathing with Lester” from Centervention on Vimeo.

The video is available at <https://vimeo.com/320838135>