

# FIND YOUR CALM

**1. TAKE 3 DEEP BREATHS**

2. Massage your hand

3. RUB YOUR TONGUE ON THE TOP OF YOUR MOUTH

**4. Hum a song in your head**

5. Play with your hair

**6. WIGGLE YOUR TOES**

7. Clench fists tight – then let go – repeat as many times as you need

**8. TAKE A DRINK OF WATER**

**9. count to ten**

10. THINK ABOUT SOMETHING YOU ARE GRATEFUL FOR AND KEEP THINKING ABOUT IT

