

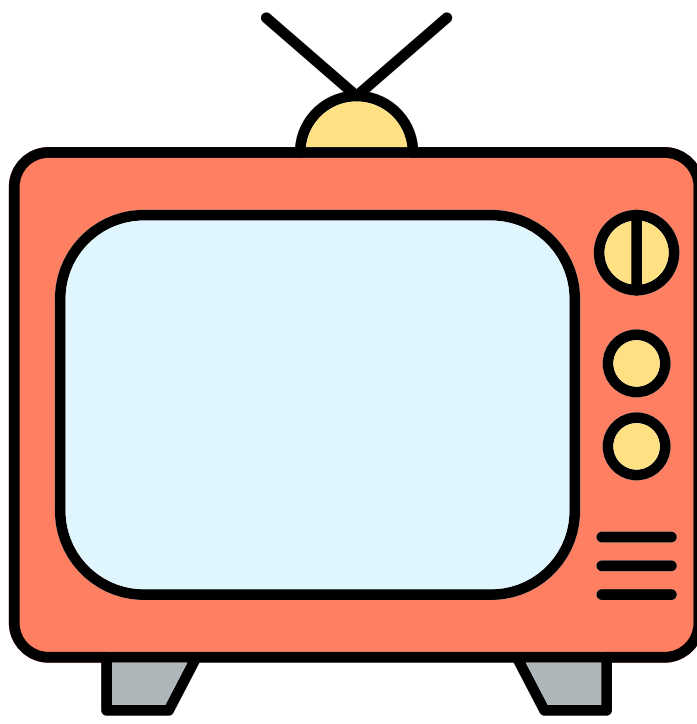
# CALMING STRATEGIES



When I feel anxious or sad I could...



**take some deep  
breaths**



**Watch a  
comfort show**



**Listen to music**



**Hydrate**



**Meditate**



**Get some fresh  
air**



**Take a sensory  
break**



**Play with a pet**



**Do some  
colouring**