Name: _____

MY CALM-DOWN STEPS

1. Put the calm-down steps in order

Write 1, 2, 3… in the boxes to show the order.

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Take three slow breaths	Say how I feel	I feel calmer	Stop	Count to five

2. Practise together

Talk about it together.



- Smell the flower (breathe in)…
- Blow out the candle (breathe out)…
- Do it three times.
- How does your body feel now?