












Calm-o-meter

Self-Calming Activity Ideas	Color in the face to reflect how you feel about the self-calming activity idea
Count to 10 	
Exercise 	
Listen to music 	
Read a book 	
Do yoga 	
Take a walk 	

Calm-o-meter

Self-Calming Activity Ideas	Color in the face to reflect how you feel about the self-calming activity idea
	