

*when big feelings come...*

# My Calm-Down Steps

Something feels big? That's okay. Let's try these five gentle steps together.



1



## Stop and notice

Something feels big right now.

2



## Breathe like a star

Breathe in... and slowly out.

3



## Name it

"I feel \_\_\_\_\_."

4



## Squeeze and let go

Tense up tight, then go all floppy.

5



## Ask for a hug

You don't have to do it on your own.