

Move your body in a fun way for you

Do your big deep breaths to steady your mind

stand tall and strong like a tree

Talk to an adult if you feel overwhelmed

Remember that all storms run out of rain

Be kind to yourself and others

write down 3 things you are grateful for

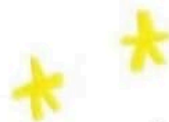
Speak positively about yourself

Repeat these affirmations

I am kind

I am calm

I am safe



The Yogi Group  
Murphy's sketches.