

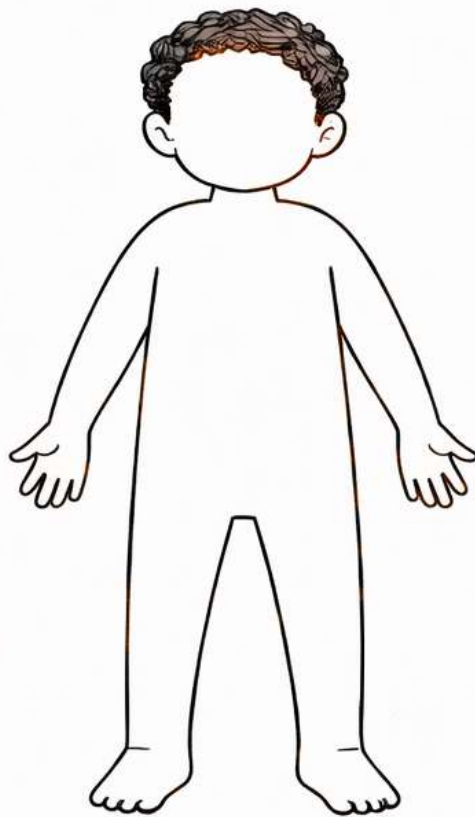


Draw Your Calm

Body Map



When you're feeling calm, your body has a special way of feeling. Draw your own calm body! Using colors and shapes, draw where and how you feel calm in in your body.



Trace the path with your finger
and breathe slowly 5–8 times....
or until you feel calmer.

