

# My Calm Body and Mind

WORKBOOK





# Welcome to Your Calm Mind & Body Workbook!

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This workbook is a special place just for you.

Here, you'll learn fun and easy ways to help your **body feel calm**, your **mind feel clear**, and your **feelings feel understood**.

Sometimes we all feel worried, sad, upset, or overwhelmed — and that's okay. Inside these pages, you'll find simple tools like:

- Calm breathing
- Gentle movements
- Helpful thoughts
- Drawing and coloring
- Ways to notice what your body needs

You can do these activities anywhere and at your own pace.

Take your time, be gentle with yourself, and remember:

**You are strong, you are growing, and you can find calm whenever you need it.**

Let's begin your calm journey together.



01

**BODY-BASED  
CALMING**

# Butterfly Tap

## Self-Soothing Page

The **Butterfly Tap** is a way to help calm your body and mind when you are feeling sad, worried, or overwhelmed.

It's like getting a gentle hug that you give yourself!

### Follow these steps:

1. Cross your arms over your chest, like butterfly wings.
2. Place your hands on your shoulders.
3. Take a slow breath in...



4. Take a slow breath out while tapping your hands gently on your



Repeat the **Butterfly Tap** 4-8 times... or until you feel calmer.

Three decorative cloud-shaped boxes with horizontal lines inside, intended for writing.

The **Butterfly Tap** helps me feel:

# Balloon Belly Breathing

**Balloon Belly Breathing** is a way to help your body and mind feel calm, like making a soft, gentle balloon with your belly!



1. Sit or lie down. Put your hands on your belly!



2. Take a slow breath in through your nose. Let it fill up your belly balloon.



3. Slowly breathe out through your mouth and feel your belly balloon go down.



Practice **3-5 times**... or until you feel calmer.

Three cloud-shaped boxes with a blue outline and a white background. Each box contains two horizontal lines for writing.

**Balloon Belly Breathing** makes me feel:



# Follow the Breath

## Tracing Path

**Follow the Breath** is a way to calm your mind and body by focusing on your breath. Trace the path as you breathe in and out!



Trace the path with your finger and breathe slowly breathing in and out.



**5-8 times...** or until you feel calmer.

Three cloud-shaped boxes with horizontal lines for writing.

**Breathe and trace** makes me feel:

# Turtle Shell

## Calm-Down Exercise

The **Turtle Shell** is a way to help you stay calm when you feel angry, overwhelmed, or anxious. You will curl up like a turtle hiding in its shell!

1. Sit down, take a slow breath in, and imagine you're a turtle.



2. Pull your arms, legs, and head in close, like you're hiding inside your shell.



3. Stay in your shell. Take 3-5 slow, deep breaths.

4. When you feel calm and peaceful, slowly come back out of your shell.



**Repeat as needed...** until you feel calmer.

Blank cloud-shaped box for writing.

Blank cloud-shaped box for writing.

Blank cloud-shaped box for writing.

# Rock Side-to-Side Reset

**Rock Side-to-Side Reset** is a way to help you feel calm when you are upset. It's like a gentle swaying movement.

1. Sit down and make yourself comfy.

2. Slowly rock your body to one side while taking a soft breath in. Feel the stretch as you lean.

3. Slowly rock your body to the other side while taking a soft breath out.

4. Repeat **3-6 times...** or until you feel calmer.



Three decorative cloud-shaped boxes with blue outlines and horizontal lines inside, intended for writing.

Rocking helps me feel:



# Shake It Out

## Movement Worksheet

**Shake it out** is a way to help your whole body feel loose and calm when you're upset or frustrated. Get ready to shake out and let go!

1. Stand up and take a deep breath in.
2. Let your breath out with a big whoosh and start shaking your hands, arms and shoulders.
3. Now shake your arms, hands, and legs too!
4. Shake it all out while taking slow breaths. You can make a swishy, swishy sound too.



**Keep shaking for 20-30 seconds...** or until you feel relaxed!

Three cloud-shaped boxes with horizontal lines for writing.

**Shake it out** makes me feel:



02

**MIND CALMING  
THOUGHT**

# Helpful vs. Unhelpful

## Thoughts Sort

Thoughts are things we tell ourselves in our minds. Sort the thoughts into helpful and unhelpful to you.

### Helpful Thoughts



I'm doing the best I can!

I'm safe and loved.

Everything is ruined!

### Unhelpful Thoughts

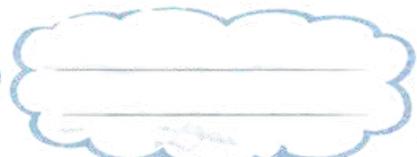
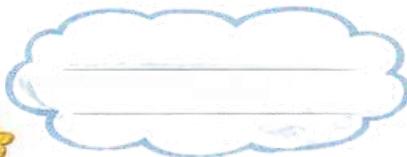


I'm so bad at this!

I can try.

Things will work out.

I remember **helpful** thoughts like these:



# My Worry & My Clear Sky

It can help to picture worries as clouds that pass by. Draw your worries in your worry cloud. Then draw your clear sky after the worry clouds have drifted away!

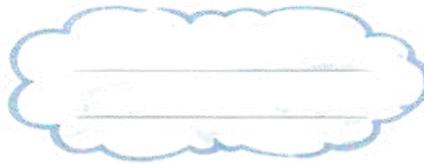
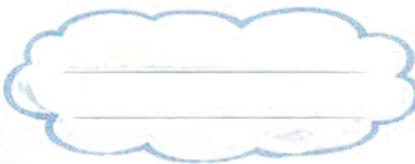
My Worry Cloud



My Clear Sky



When I think of my clear sky- I feel:



# My Calm Thought Bubble

A calm thought is something kind you say to yourself when you need to feel calmer. Write a calm thought in your thought



**My calm thought** helps me feel:

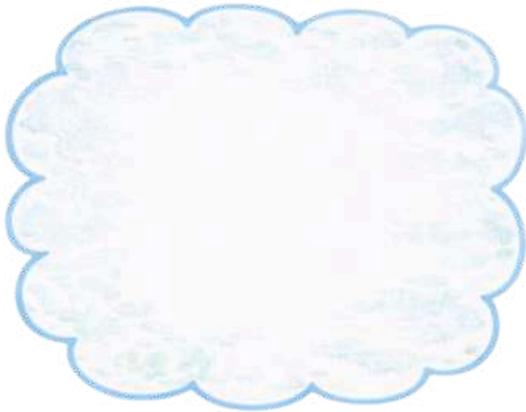
Three empty thought bubbles with blue outlines and horizontal lines for writing, arranged horizontally.

# What I Can Control

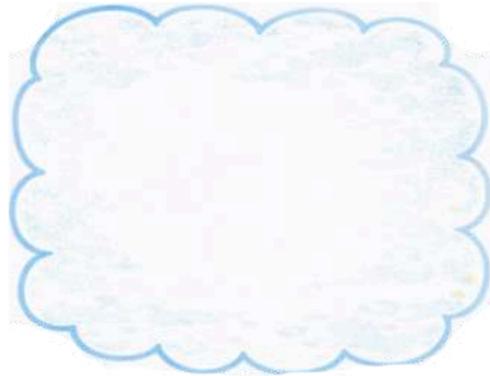
# What I Cannot Control

Some things are in our control and some things are not.  
Draw or write in the spaces below what you can or cannot control.

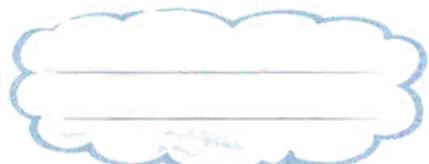
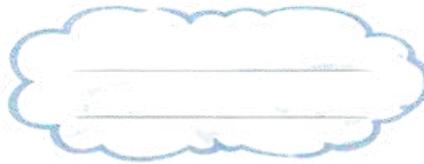
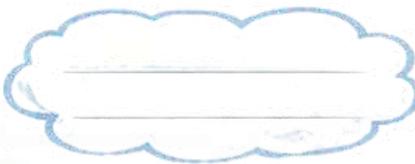
What I Can Control



What I Cannot Control



When I focus on what I can control, I feel:



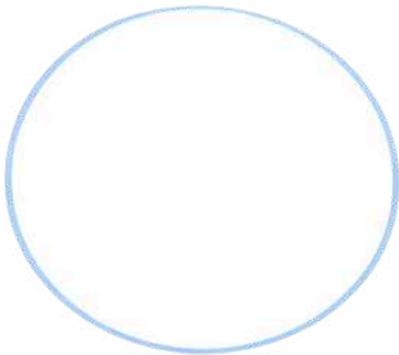
03

**FEELINGS  
AWARENESS &  
EMOTION  
REGULATION**

# My Feelings Today

## Check-In

Check in with how you feel! Draw yourself in the way you feel today.  
Then fill in the thought bubbles.



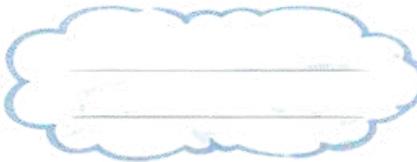
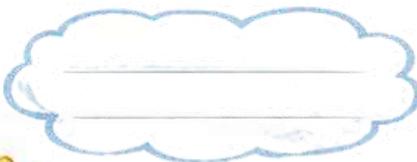
I feel like this because.

What I need right now

What I need right now



I also feel.



# Body Clues Map

## (Where I Feel Stress)

Draw or write in the areas where you feel stress in your body.



**When I feel stress,** I notice these things in my body:

Three empty thought bubbles with blue outlines and horizontal lines inside, arranged horizontally for writing.

# Name It to Tame It

## Feeling + Thought Page

The first step in calming down is to name your feeling and the **thought** that goes with it. How are your brain and body feeling?

What is your brain telling you?



My feeling:

A large, empty, scalloped-edged orange thought bubble with a white background, intended for writing a feeling.

My thought:

A large, empty, scalloped-edged blue thought bubble with a white background, intended for writing a thought.

When I name my feeling and thought— I feel:

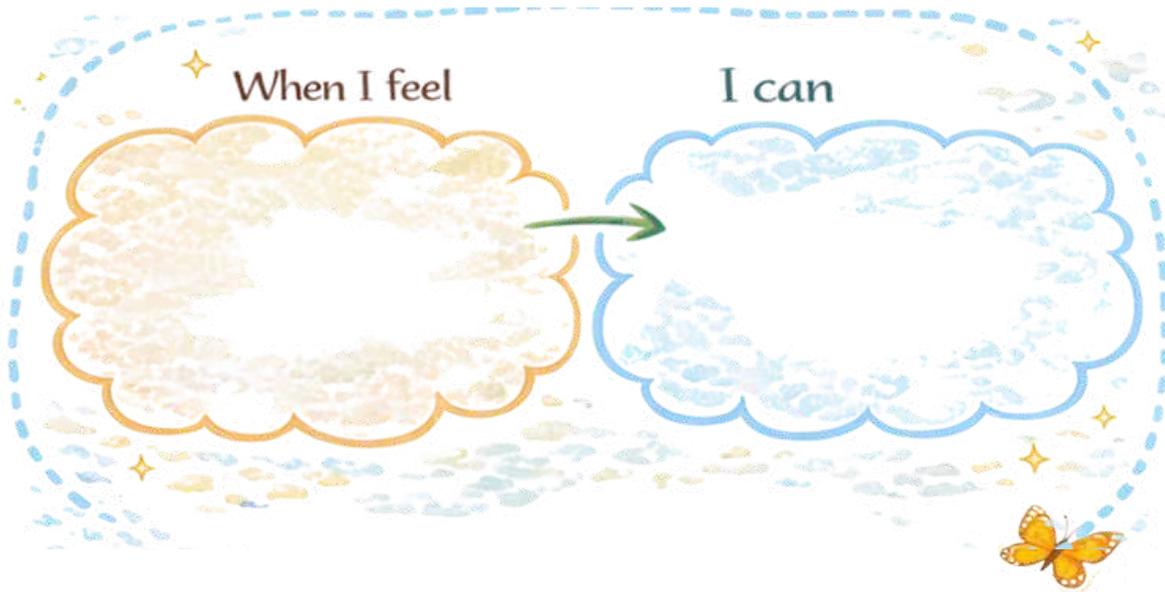
Three empty, horizontal, scalloped-edged blue thought bubbles arranged in a row, intended for writing a response to the prompt above.

# When I Feel \_\_\_\_\_,

## I Can \_\_\_\_\_,

It can help to think about what you can do when you are feeling a strong emotion.

Write or draw in the spaces below what you feel and what you can do to help calm your mind and body."



Some things I can do to feel calm:

Three empty cloud-shaped boxes with blue outlines, arranged horizontally. Each box has two horizontal lines inside for writing.

# My Feelings Thermometer

Draw or write how you are feeling today.  
Color in the thermometer to show how big your feeling is.



# My Safe Helpers List

Let's make a list of safe people I can go to when  
I need help or feel upset.

My Safe Helpers:

Blank cloud-shaped box with two horizontal lines for writing.

Blank cloud-shaped box with two horizontal lines for writing.

Blank cloud-shaped box with two horizontal lines for writing.

Blank cloud-shaped box with two horizontal lines for writing.

Blank cloud-shaped box with two horizontal lines for writing.

Blank cloud-shaped box with two horizontal lines for writing.



04

**MINDFULNESS  
& GROUNDING**

# 5-4-3-2-1 Senses

## Grounding Page

Using your senses can help calm your mind and body.  
Pay attention to your surroundings as you look, listen, feel, smell, and taste

**5** Things I can see  
\_\_\_\_\_

**4** Things I can touch  
\_\_\_\_\_

**3** Things I can hear  
\_\_\_\_\_

**2** Things I can smell  
\_\_\_\_\_

**1** Thing I can taste  
\_\_\_\_\_

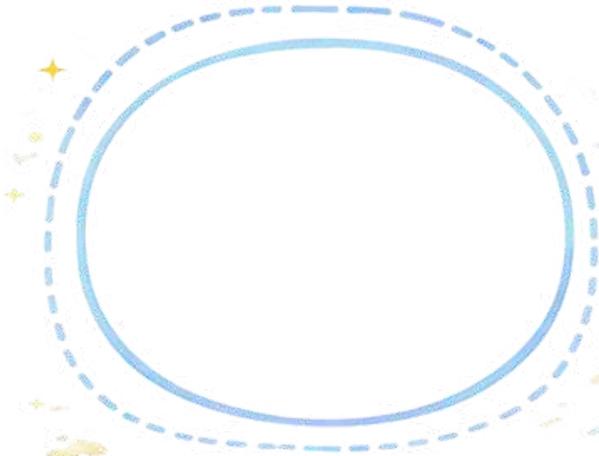


# Nature Noticing Worksheet

Let's take a moment to explore nature! Use your senses to find things in nature. Draw and write about what you notice.

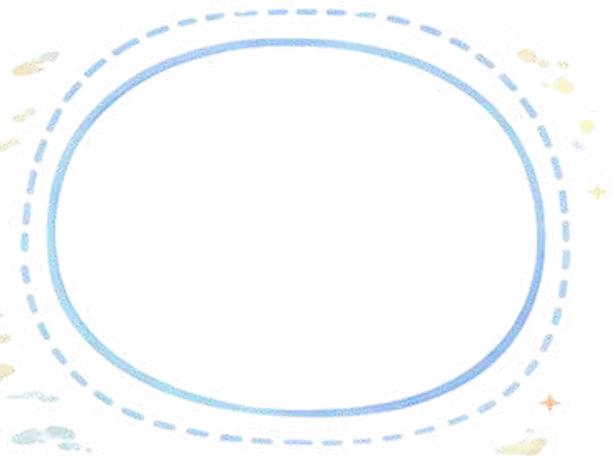
**I see...**

What can you see outside?



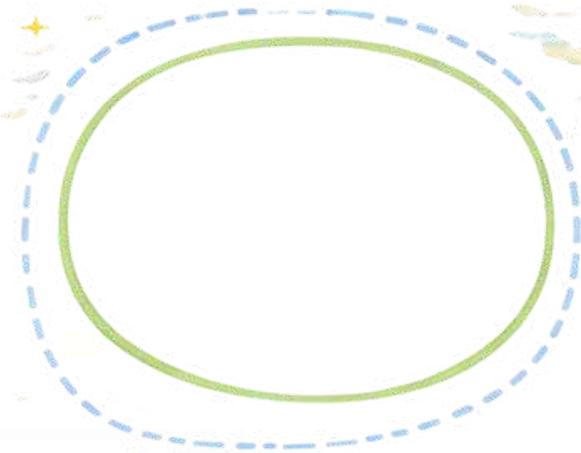
**I hear...**

What can you hear outside?



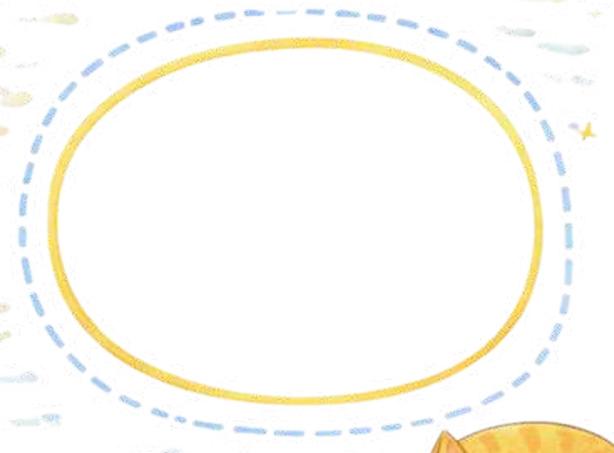
**I feel...**

What can you touch outside?



**I smell...**

What can you smell outside?



# Calm Path Tracing Sheet

Follow the path to the flower. Trace the path with your finger or a crayon to practice slow, calming breaths as you move toward the flower.





# My Feelings Card

## About Your Feelings Card

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This Feelings Card helps you notice and name how you're feeling.

There are no "bad" feelings — all feelings are okay.

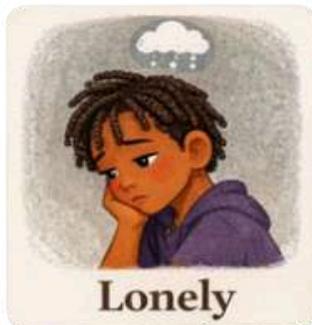
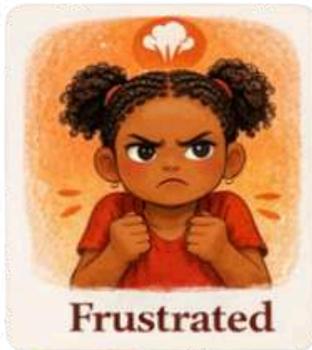
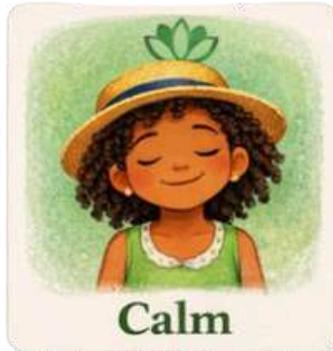
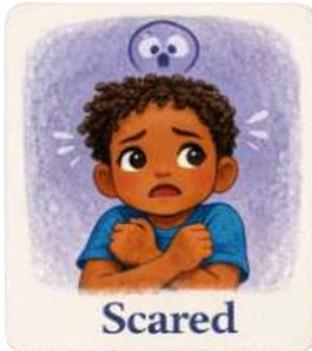
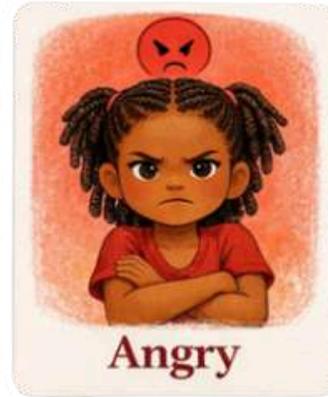
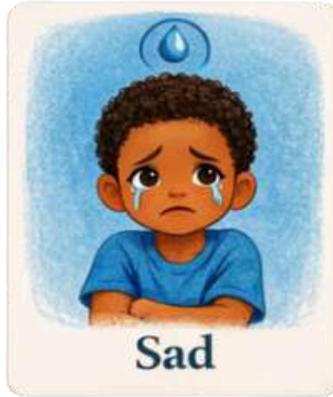
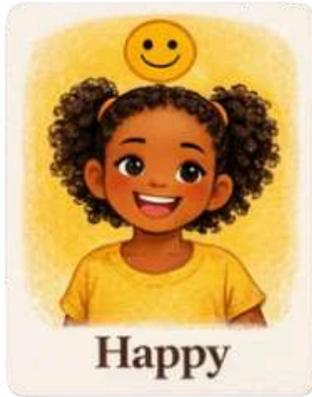
Use this card to point to your emotion, share what's inside your heart, and choose a calming tool when feelings get big.

It's a small card that helps you take a big step toward feeling calm and understood.





# My Feelings Cards





Visit our Kids Corner at [Bahali.org](http://Bahali.org) for additional resources

