



THE HEALING SANCTUARY HUB

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FEEL BALANCED. FEEL RESTORED. FEEL YOU AGAIN.

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My Calm-Down Activity

Big feelings can happen. Try one small step at a time.

1

PAUSE

Find a comfy place. Put your feet on the floor or sit somewhere safe.

2

BREATHE

Breathe in gently... and breathe out slowly. Try 3 soft breaths.

3

NOTICE

Name 3 things you see, 2 things you hear and 1 thing you feel.

4

CHOOSE

Pick one calm choice that feels good for you.

My calm choices

Cuddle

Music

Stretch

Draw

Quiet corner

Drink of water

Talk to someone

Favourite toy

Still feeling upset?

Tell a trusted grown-up. You don't have to handle big feelings on your own.