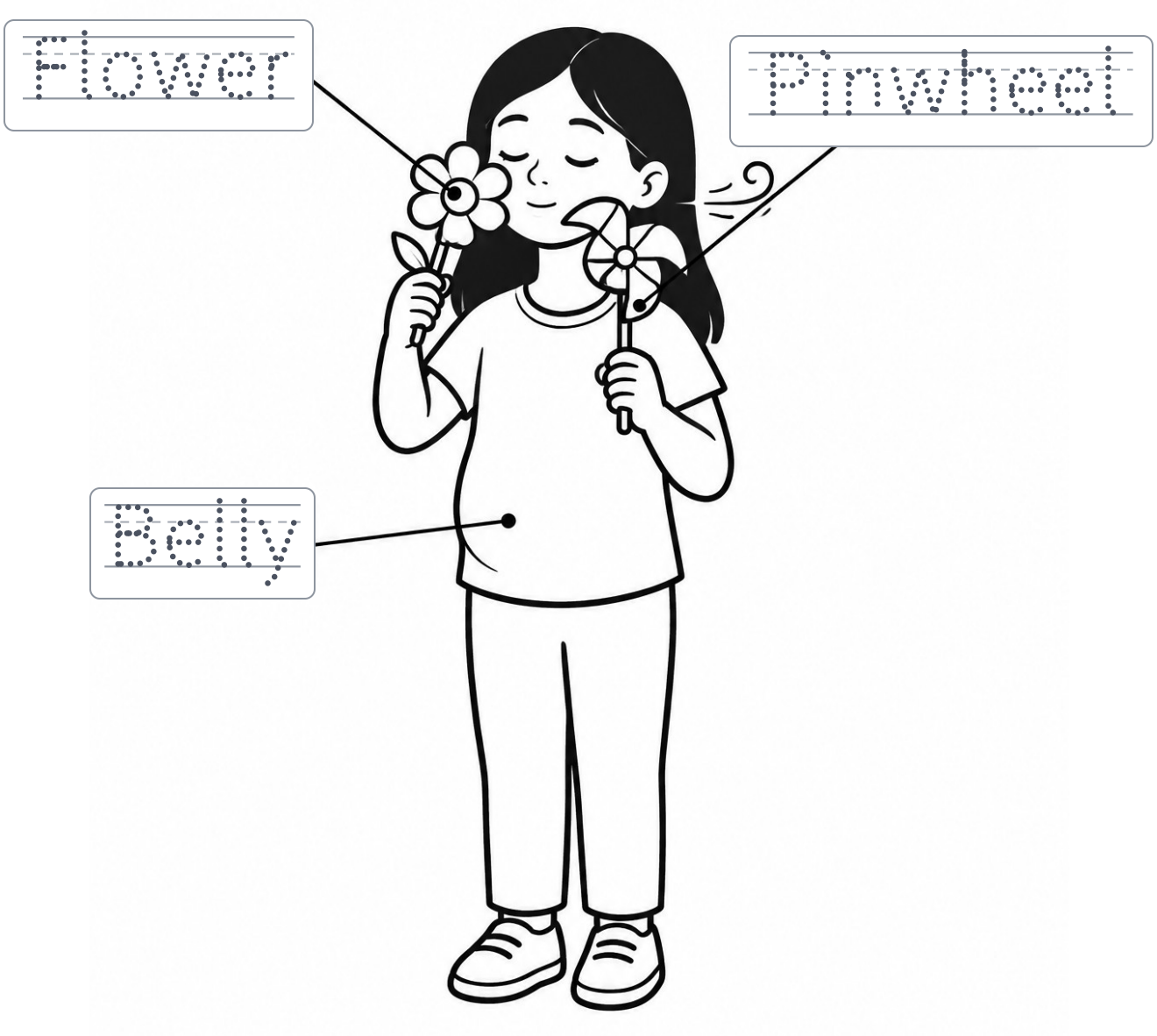
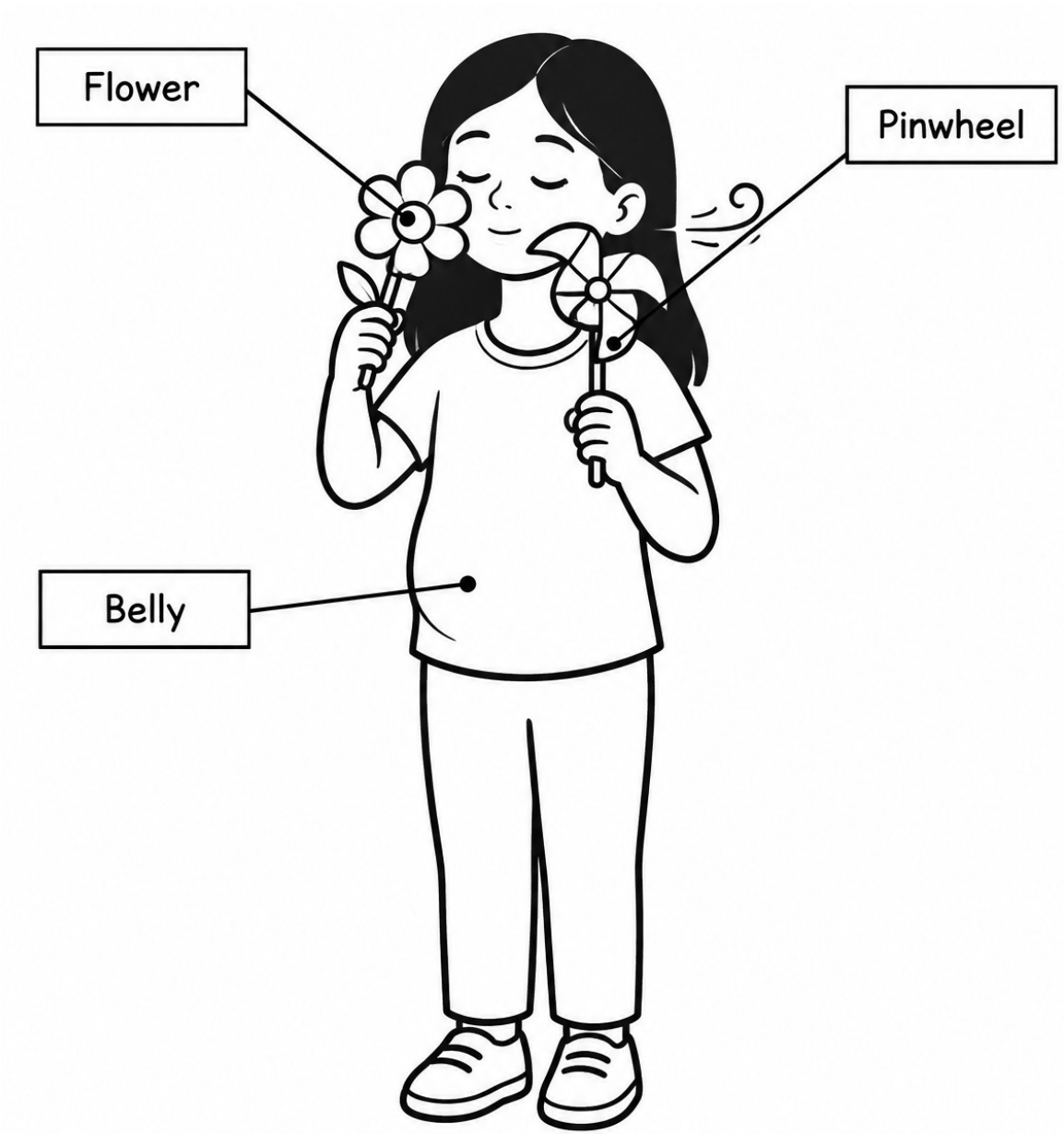
Trace the words. Then color the picture.

Name _____ Date _____

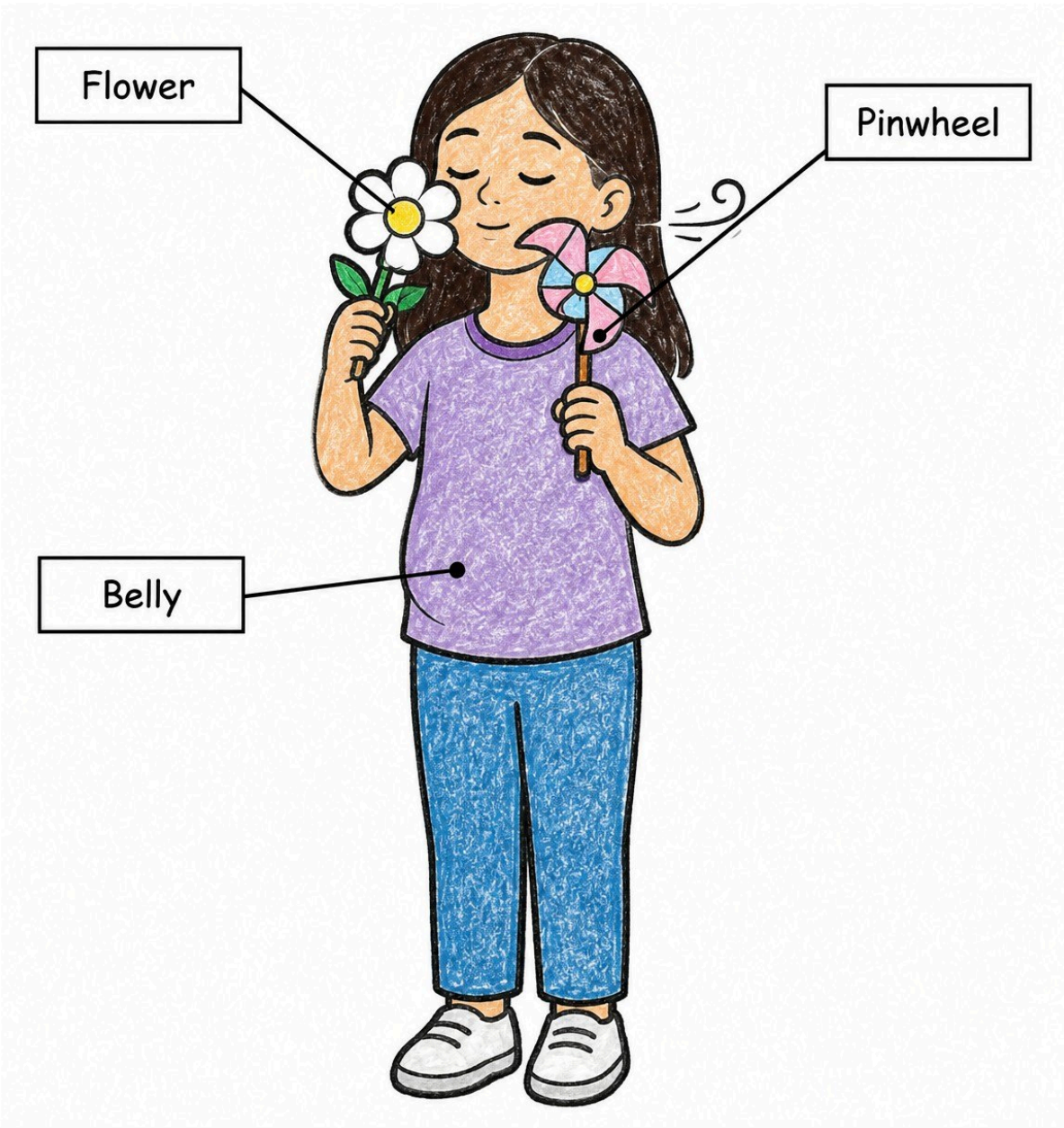
Belly Breathing Practice



Belly Breathing Practice



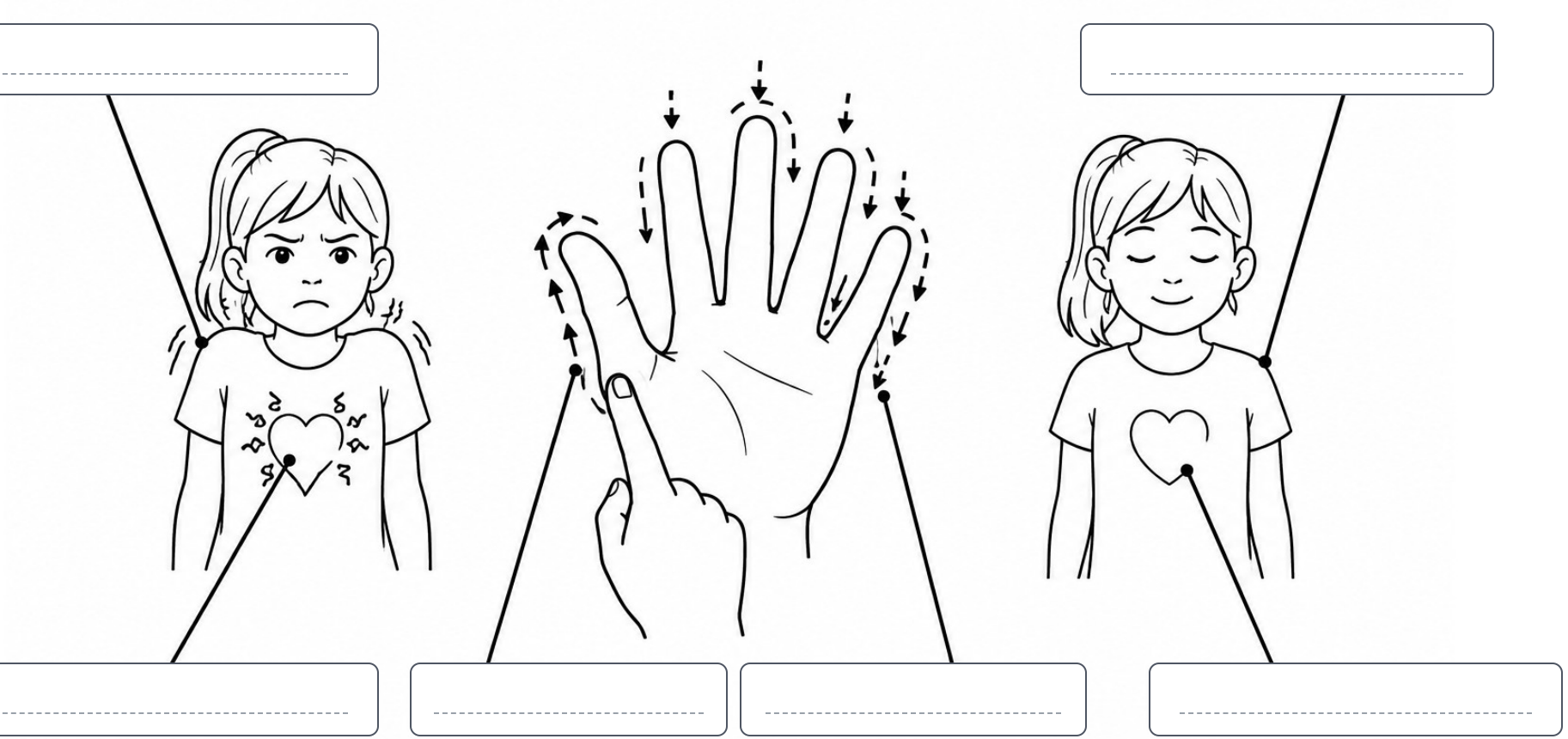
Belly Breathing Practice



Write the missing words. Use the word bank.

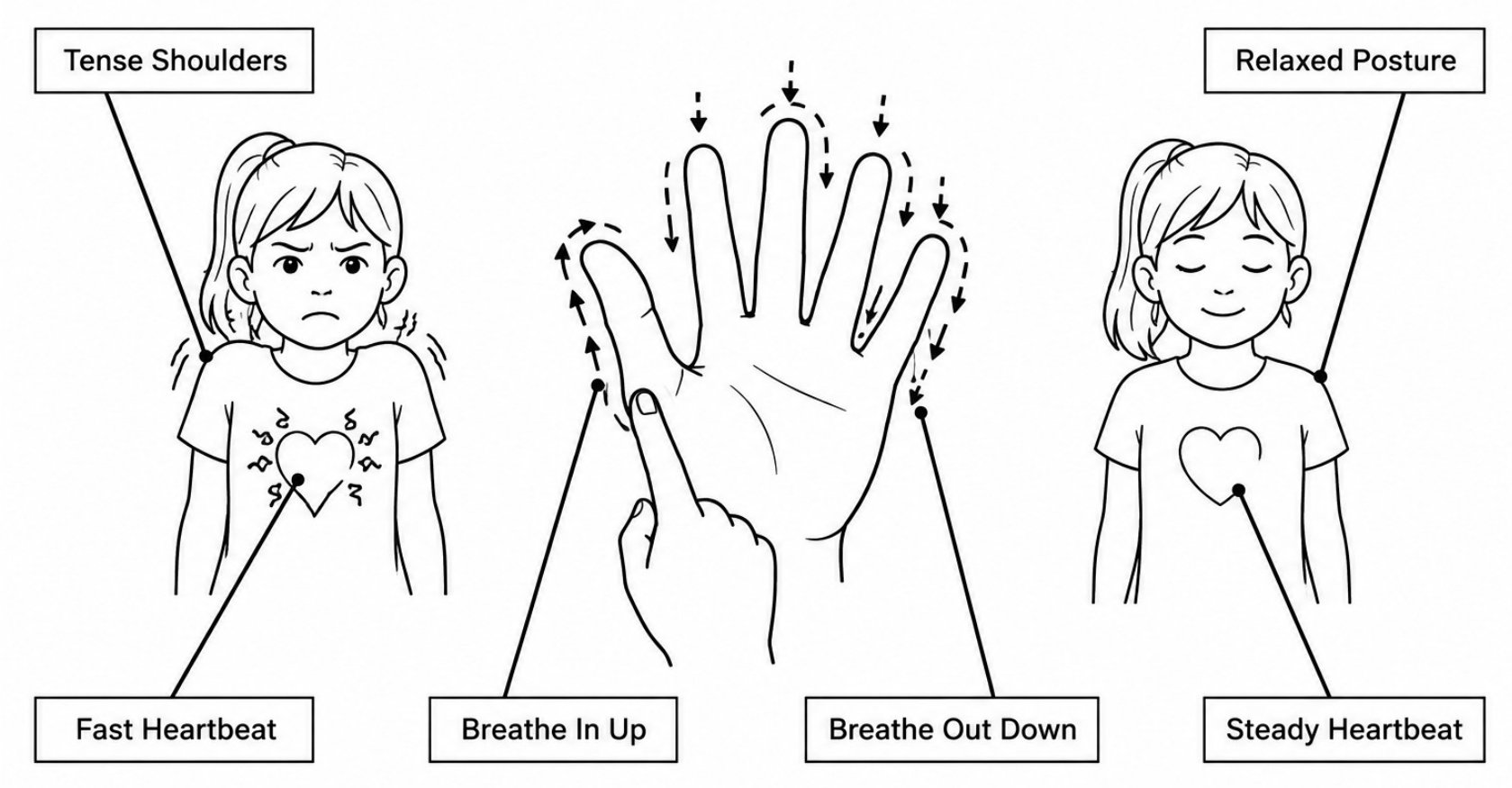
Name _____ Date _____

How Breathing Calms the Body

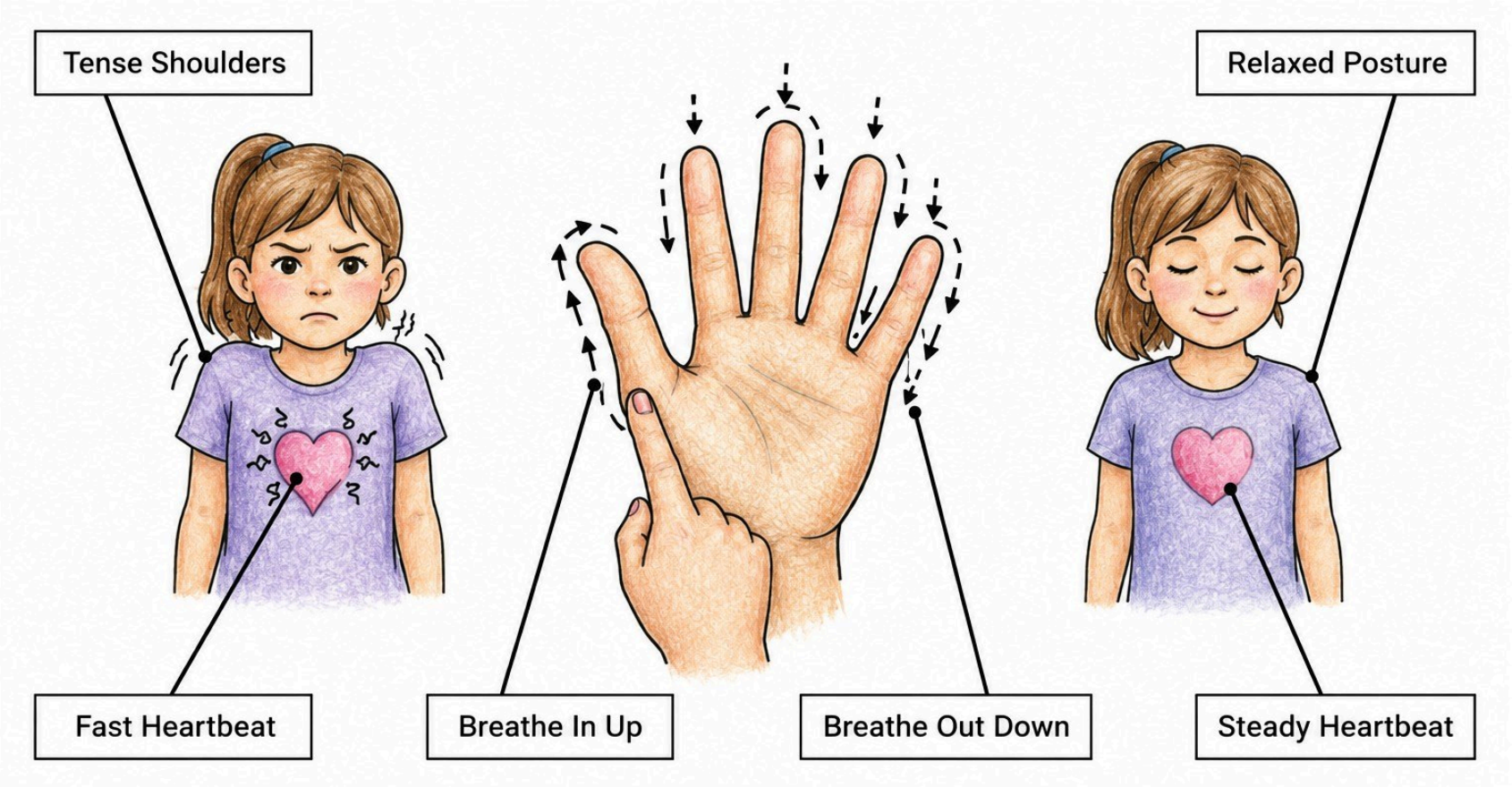


WORD BANK Relaxed Posture • Tense Shoulders • Breathe Out Down • Fast Heartbeat • Breathe In Up • Steady Heartbeat

How Breathing Calms the Body



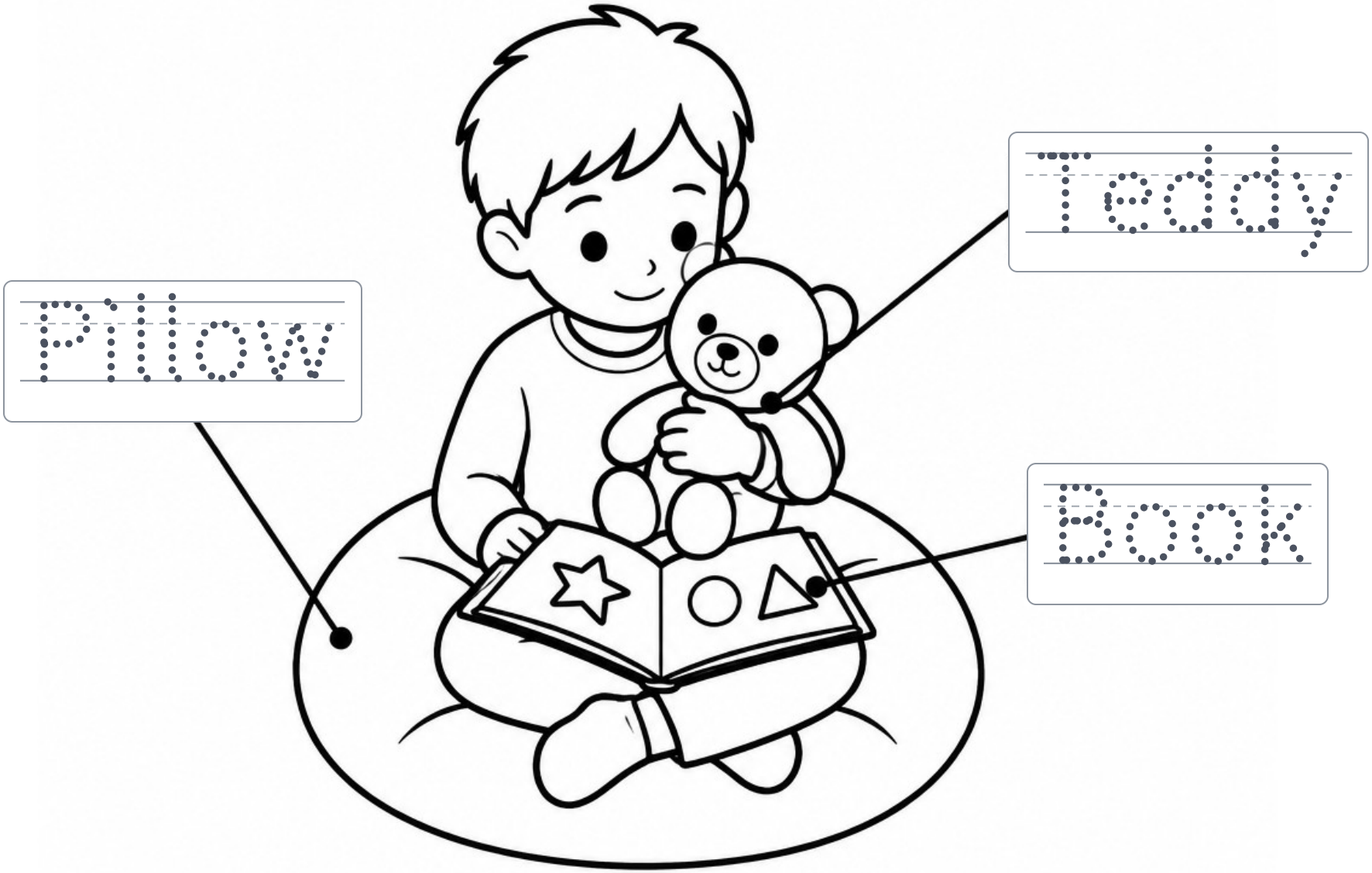
How Breathing Calms the Body



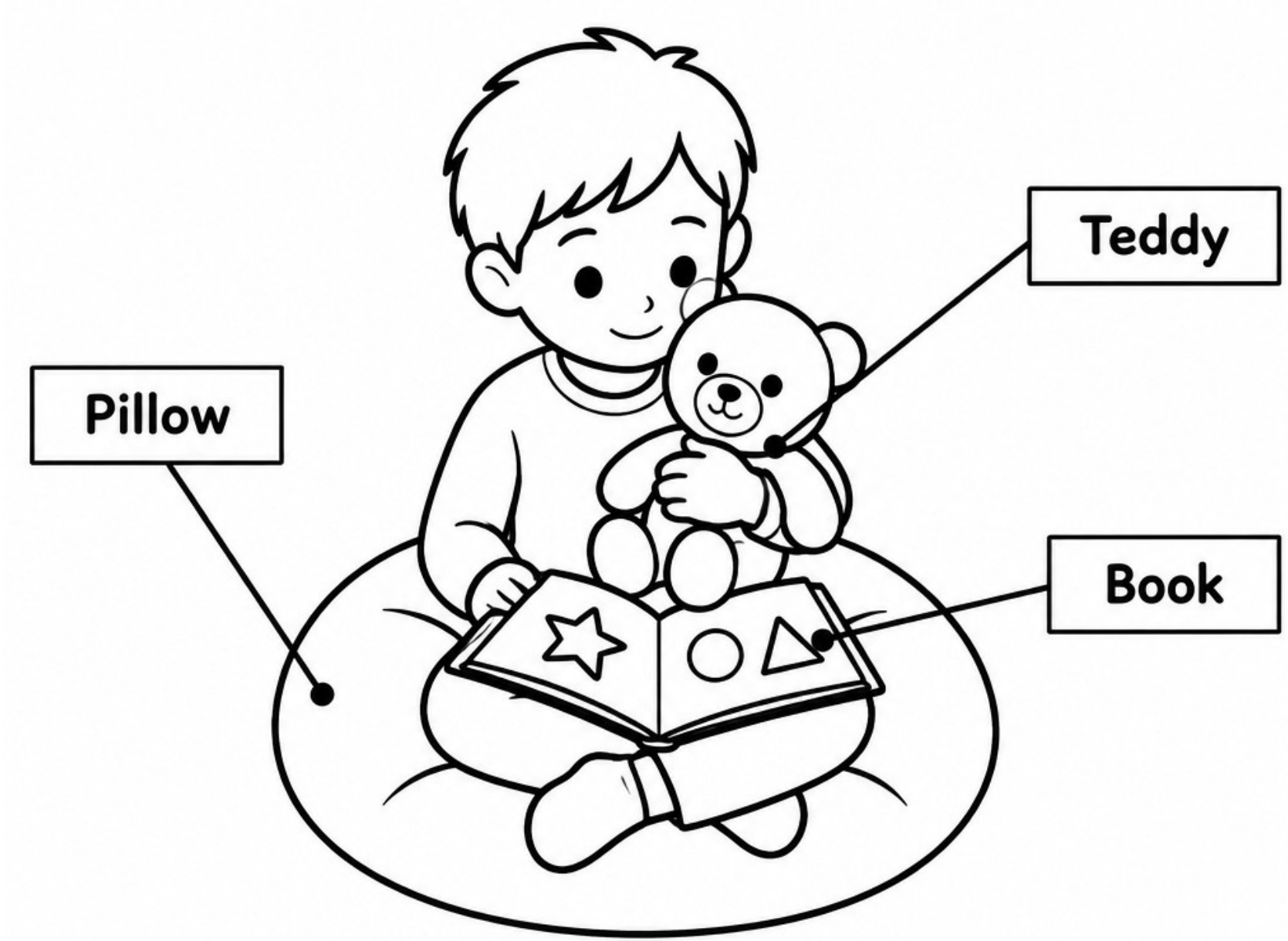
Trace the words. Then color the picture.

Name _____ Date _____

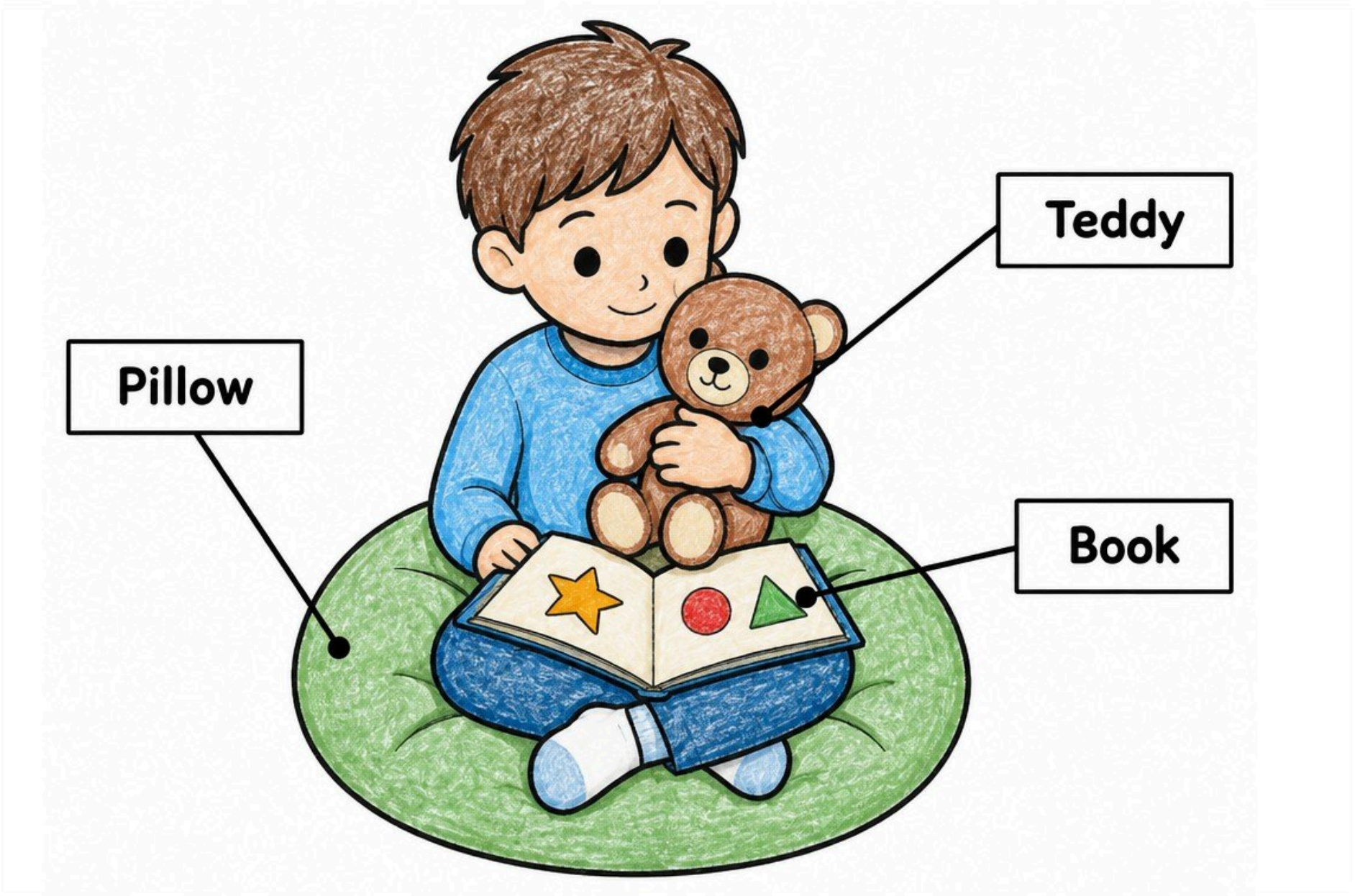
My Cozy Calm Corner



My Cozy Calm Corner



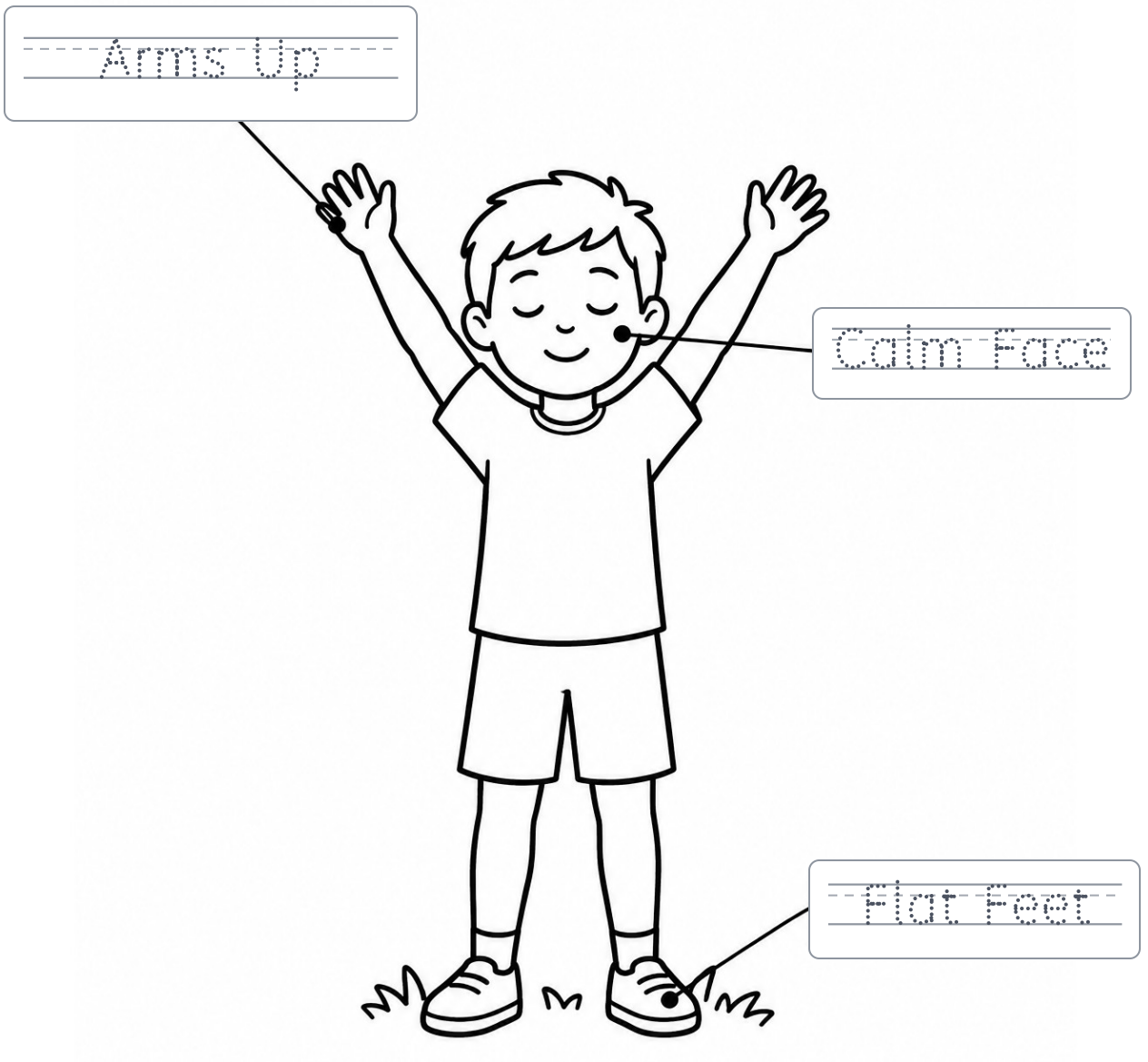
My Cozy Calm Corner



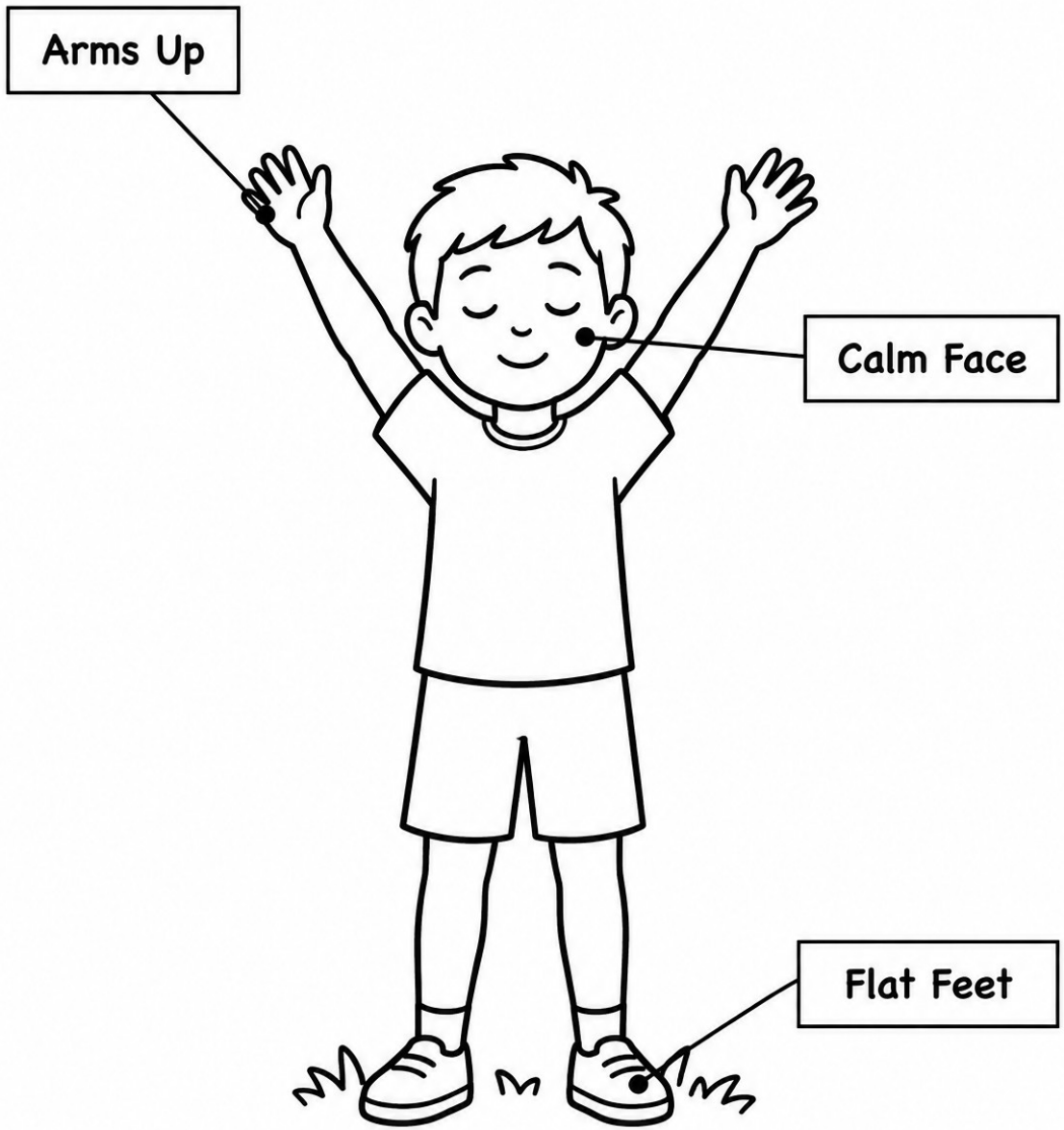
Trace the words. Then color the picture.

Name _____ Date _____

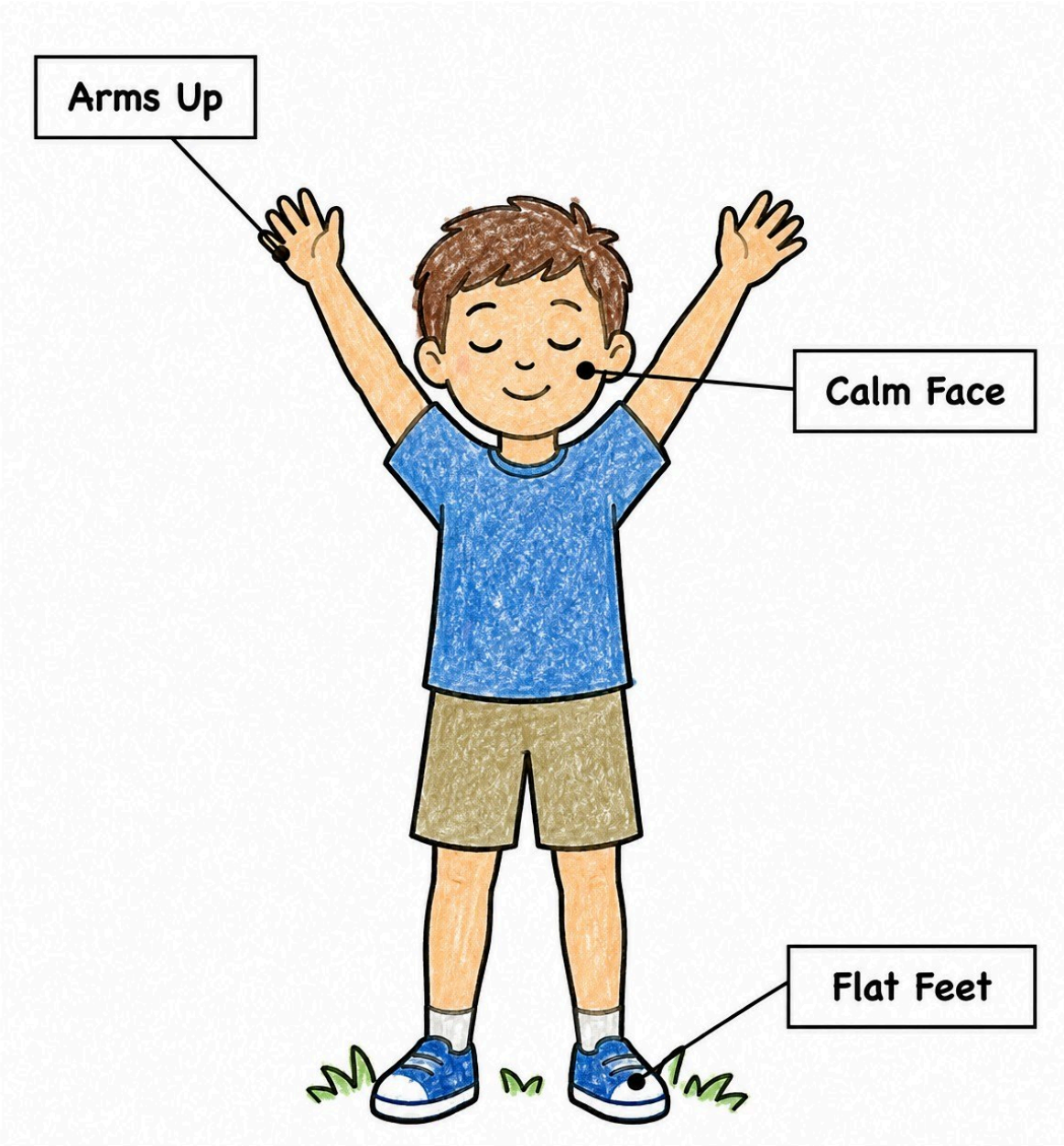
Calming Body Stretch



Calming Body Stretch



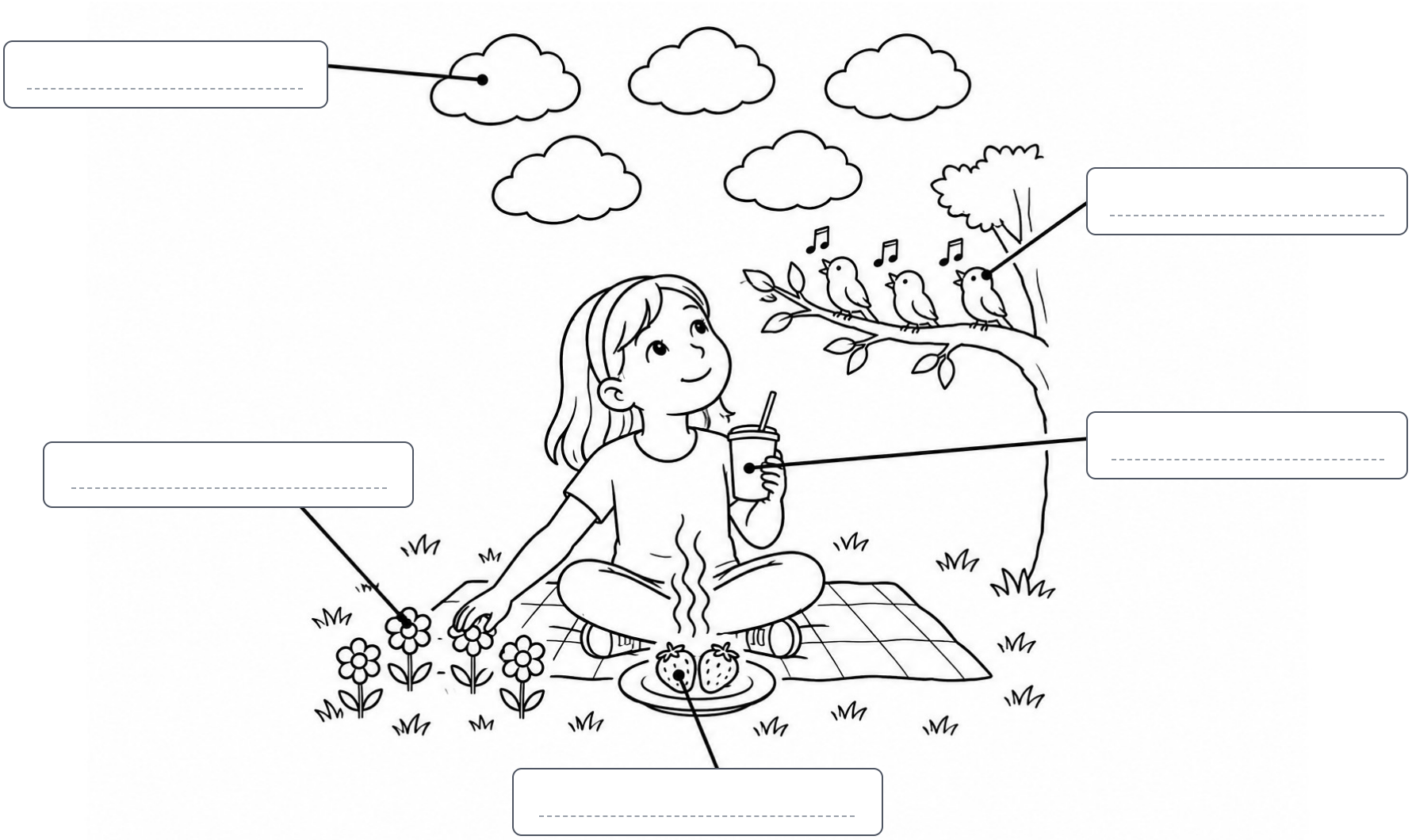
Calming Body Stretch



Write the missing words. Use the word bank.

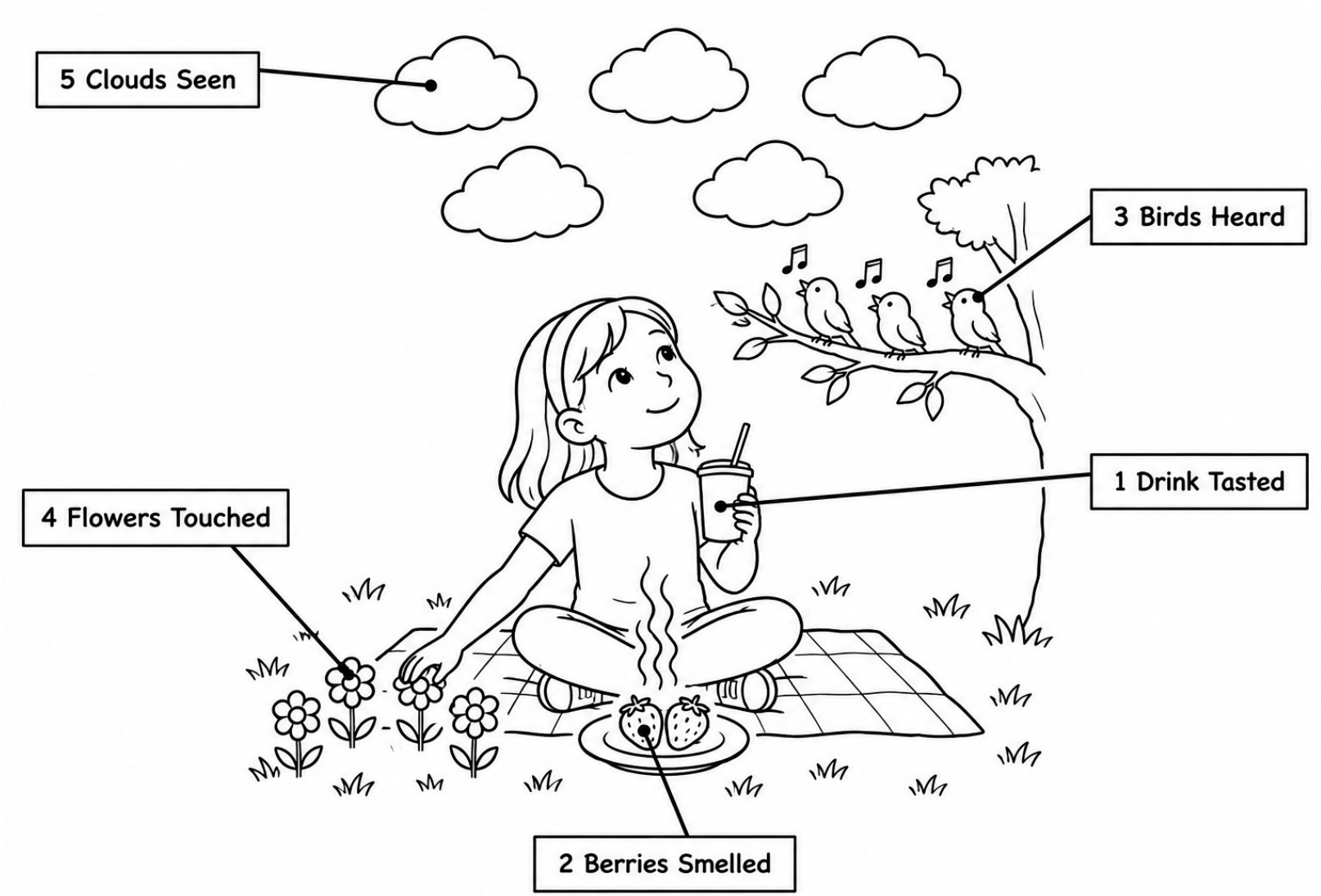
Name _____ Date _____

Five Senses Grounding Game



WORD BANK 5 Clouds Seen • 1 Drink Tasted • 2 Berries Smelled • 4 Flowers Touched • 3 Birds Heard

Five Senses Grounding Game



Five Senses Grounding Game

