

to calm down (let it be)



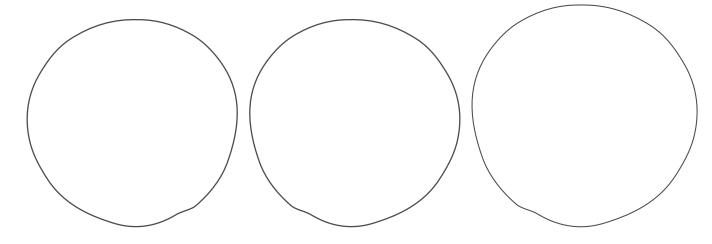


Or use colours to draw some lines



If you don't have anything to colour with, fill these shapes with lines, squiggles, dots, crosses.

Make some patterns. See how you feel.





find CALM

Being in nature is a great way of finding calm.

No matter where you are, a sunrise or a sunset isn't far away... or flowers, the sky or something green.

Take a look outside when you can, breathe slowly and let nature gently calm you.





find CALM

Create calm on the inside

Go somewhere you won't be disturbed.

Get comfortably seated and close your eyes.



Take some deep breaths

breathing slowly in... 1... 2... 3... 4... breathing slowly out... 1... 2... 3... 4...

Notice your breath and what it does to your whole body.

Picture a ray of bright light above your head.

See the light slowly pour through you from the top of your head
- filling your head and your brain with light.

Feel the light energy flow down through your neck and chest
- filling your heart and your lungs with light.
Feel warmth from the light.
Feel your body relax and expand with each deep breath.

See the light flowing down your spine, your arms, down to your hips, your legs and reaching your feet.



find CALM

Feel your whole body calmly breathing light. Relax into this gentle and kind stream of light.

Focus on your breathing

in... 1... 2... 3... 4... out... 1... 2... 3... 4...

Notice thoughts as they come and go but don't follow them. Choose to focus on the light and your breathing.

Rest in this peaceful space inside you.

Appreciate it.

Savour it.

Listen to an inner loving voice.

What is it saying to you?

What message is it giving you?

Take the message and let it guide your action.

When you're ready,
open your eyes
and carry the calm with you.



find CALM Choose the thought that feels best

Write down your thoughts, worries, critical self-talk, messages you're giving to yourself:

What kinder thoughts and messages can you reach for and tell yourself instead, now.

.....

Choose the thought that feels best

Make that thought into something... Give it form.

Keep it somewhere safe for you.

