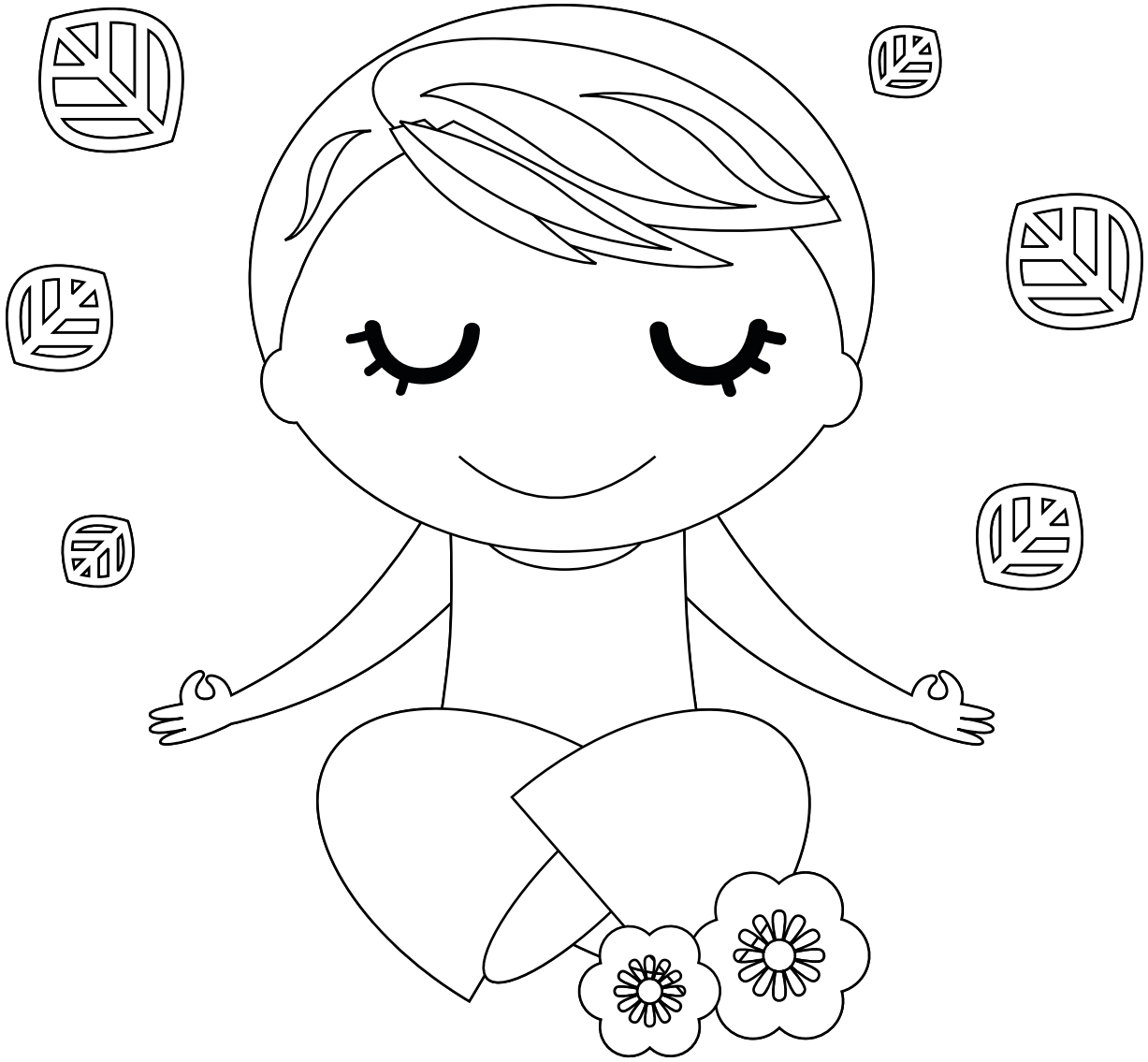
ALL ABOUT STAYING CALM



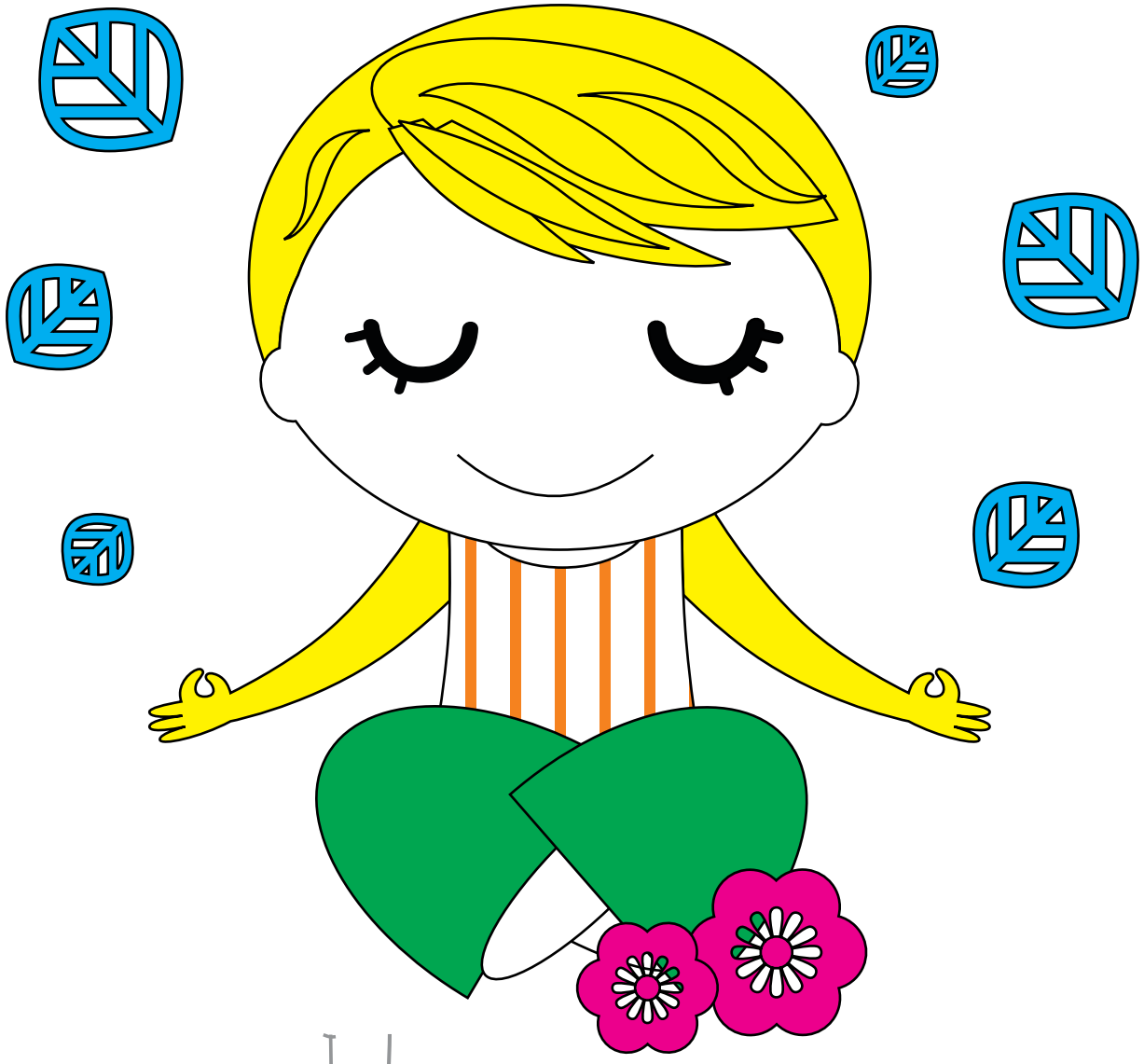
Name: _____

Directions:

WHAT DO YOU PREFER TO DO TO STAY CALM AND IN CONTROL?

1. Deep breathing? If yes, color the hair yellow. If no, color the hair brown.
2. Meditation? If yes, color the flowers pink. If no, color the flowers blue.
3. Write in a journal? If yes, draw dots on the shirt. If no, draw stripes on the shirt.
4. Listening to loud music? If yes, color the pants red. If no, color the pants green.
5. Going to a quiet place by yourself? If yes, color the leaves green. If no, color the leaves blue.
6. Exercise? If yes, color the arms yellow. If no, color the arms pink.

ALL ABOUT STAYING CALM



Name: John

Directions:

WHAT DO YOU PREFER TO DO TO STAY CALM AND IN CONTROL?

1. Deep breathing? If yes, color the hair yellow. If no, color the hair brown.
2. Meditation? If yes, color the flowers pink. If no, color the flowers blue.
3. Write in a journal? If yes, draw dots on the shirt. If no, draw stripes on the shirt.
4. Listening to loud music? If yes, color the pants red. If no, color the pants green.
5. Going to a quiet place by yourself? If yes, color the leaves green. If no, color the leaves blue.
6. Exercise? If yes, color the arms yellow. If no, color the arms pink.

ALL ABOUT ME GLYPHS

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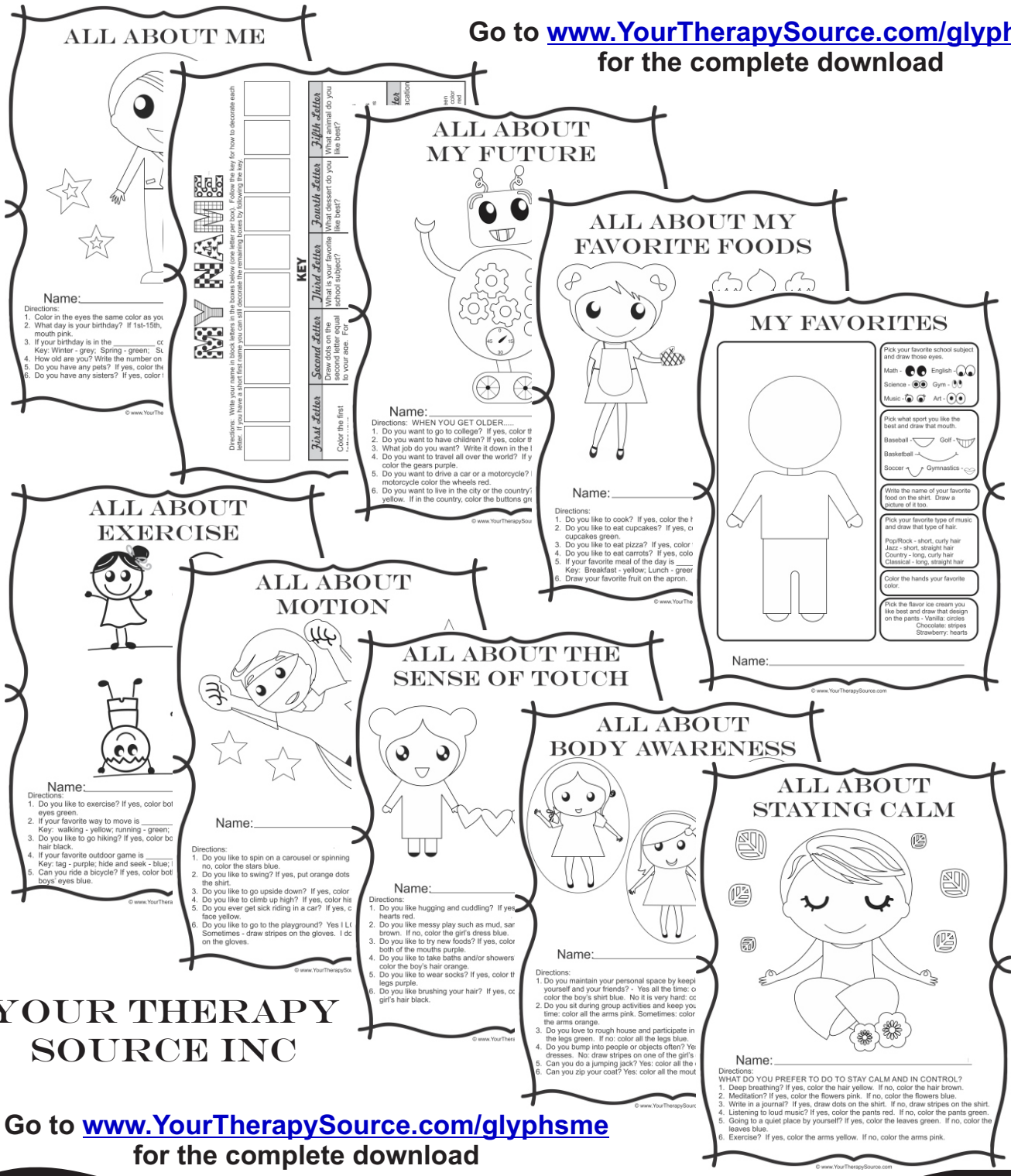

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