A place that calms me

Thoughts that calm me

People that calm me

Objects that calm me

5-4-3-2-1

Try this when you need to feel calm fast.

- **5** things you can see
- **4** things you can touch
- **3** things you can hear
- **2** things you can smell
- **1** things you can taste

Find something in the room that begins with each letter

a b c d e f g h i j
k l m n o p q r s t
u v w x y z

An action that calms me

MY CALM PLAN

Be Happy Resources
www.behappyresources.com