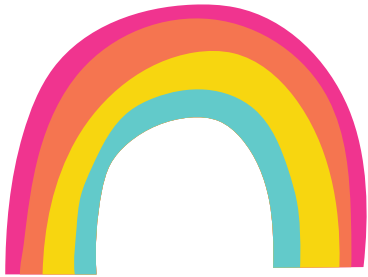


MY Calm Down Zone

With all that's happening in our world - worrying and become anxious is very normal.

Your calm down zone is a place for you to escape and find peace and quiet. Here you will find all your favourite things to help you understand your emotions and find a happier place to be.

Lets create your Calm Down Zone...



What will you call it?



Where will it be?


My chill out zone, My happy place?

Under a tree in the backyard? Under the blanket on the couch?



How will you know it is time to go there?

The best time to visit the calm zone is when you are feeling angry, sad or not your happy self.



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What will I do there?



How do I want to feel there?

What can I do to calm down/make myself feel better?

Listen to music, draw, rest?

Some emotions might include feeling; calm, relaxed, happy, peaceful, rested and free!



What toys, games, calming resources can I bring with me?

What about; colouring books, your pet, your favourite stuffed toy, headphones, your journal or a warm drink.

