

Name/Class: \_\_\_\_\_ Date: \_\_\_\_\_

# WORLD MENTAL HEALTH DAY CALMING STRATEGIES

Try each of the calming strategies.  
Circle the one that worked best for you today.

## BREATHING



Take slow, deep breaths. Inhale for 4 seconds, hold for 4, exhale for 4.

## COUNTING



Count slowly from 1 to 20 to help your mind relax.

## DRAWING



Draw something that makes you feel calm or happy.

## STRETCHING



Gently stretch your arms and legs for half a minute.

Which calming strategy worked best for you today?

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