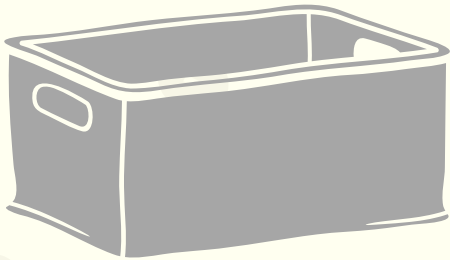


Create Your Own Calming Kit

It is normal to feel upset sometimes, everybody does! It can be helpful to use a Calming Kit to help cope with our emotions in a positive way!

Follow These Steps to Create a Calming Kit:



Find & decorate a box to put your favorite things in!

What Can I Put in My Calming Kit?

Anything that makes you happy or feel better!

