

Calming Strategies

I'm safe and okay,
Let me count 5 things,
I can see, smell
and hear today.

Find the calming words that can help us feel safe, grounded and in the present.

C	H	E	F	Q	P	W	H	I	S	B	I	G	A
D	D	B	S	X	Y	R	Q	G	S	I	G	N	R
L	I	T	K	U	N	S	U	A	E	J	S	I	E
U	C	H	C	K	O	R	X	Q	N	G	P	D	L
F	O	O	B	W	M	Z	O	Y	L	B	W	N	A
E	U	U	O	H	R	V	C	H	L	R	E	U	X
T	N	G	Z	R	A	X	U	T	U	E	A	O	A
A	T	H	R	L	H	K	T	L	F	A	I	R	T
R	I	T	L	I	D	B	Q	A	D	T	K	G	I
G	N	S	C	Z	A	H	C	E	N	H	N	G	O
Q	G	D	R	V	O	U	M	H	I	E	S	J	N
R	S	N	O	I	T	O	M	E	M	Q	R	J	A
R	N	F	R	I	E	N	D	S	F	T	P	Y	O
V	O	N	O	I	T	C	E	N	N	O	C	B	E

THOUGHTS
MINDFULNESS
CONNECTION
RELAXATION
GROUNDING
GRATEFUL
COUNTING

EMOTIONS
PRESENT
HARMONY
HEALTHY
FRIENDS
BREATHE

SAFETY
NATURE
GENTLE
LISTEN
PEACE
FOCUS
SMELL