

Calming Cards

Hum a song



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Calming Cards

Ground yourself

5 things you can see

4 things you can feel

3 things you can hear

2 things you can smell

1 thing you can taste

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Calming Cards

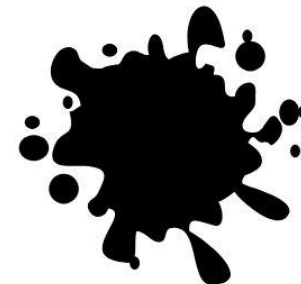
Think about a
peaceful place



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Calming Cards

Wash your face



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