

Calm Kids Card



By Calm4Kids

<http://www.teacherspayteachers.com/Store/Calm4kids>

Calming Critters

Place a stuffed friend on your belly and watch it go up as you breathe in and fill up your belly with air. Then watch it go down as you let your breath out and your belly flattens.



This helps you learn to take a slow, deep belly breath to calm yourself!

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