

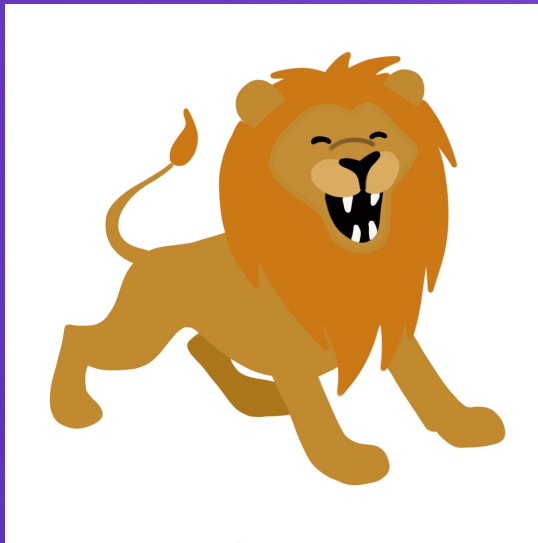
This is one  
feeling I have  
now.

Feeling Word:

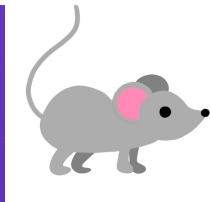


This is what my face looks like  
when I have this feeling. I can  
draw my feeling or paste my  
picture here.

# The size of my feeling now is...



Big Feeling



Small Feeling

# To Feel Safe, it's Important that I Learn How to Find My Calm

- When I am calm, I don't have big feelings.
- When I am calm, I don't feel worried or scared.
- When I am calm, I feel still. I feel relaxed. I feel safe.



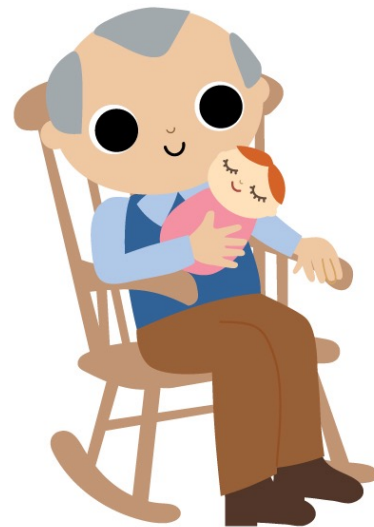
Graphic: Courtney Vickery

# What are some things Adults can do to help me feel calm and safe?

An adult can hold me



An adult can read a book to me



An adult can sit and rock me



An adult can sing to me

# What are some things I can do to help my body feel calm and safe?

I can blow bubbles



I can play with sand

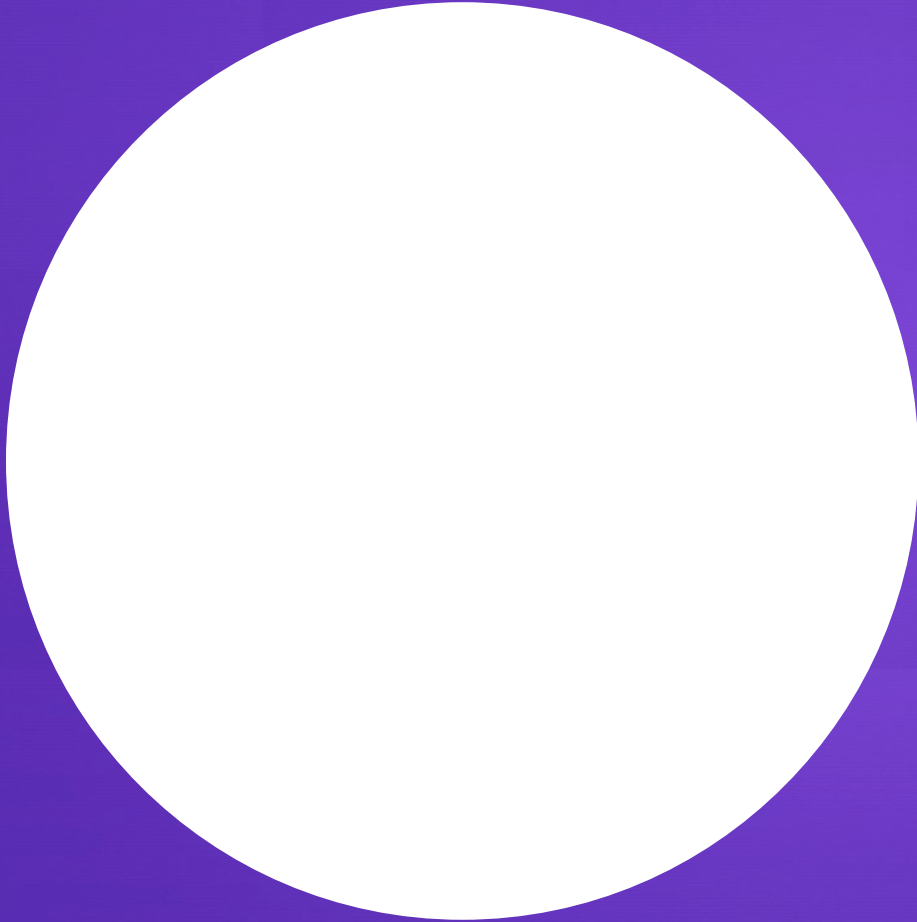


I can play with clay



I can take deep breaths

# The End



This is what I look  
like when I am CALM

I can paste a photo of me  
looking calm or draw a  
picture.



For a downloadable version visit: [www.optimalbrainintegration.com](http://www.optimalbrainintegration.com)

# Join Our COBI Community



**Website:** [www.optimalbrainintegration.com](http://www.optimalbrainintegration.com)

**Facebook:** Center for Optimal Brain Integration

**Instagram:** Center4OptimalBrainIntegration

**Email:** [optimalbrainintegration@gmail.com](mailto:optimalbrainintegration@gmail.com)

**YouTube:** Center for Optimal Brain Integration

**TikTok:** @julieannkurtz

