

Pebble's Calm-Down Card

When a worry feels big,
try these gentle steps.

Pebble
says...
Slow is
still
moving.
♥

1 Stop like Pebble

Find a comfy spot. Put both
feet on the ground. Be still
for a moment.



It's okay
to pause
and take
your time.
♥

2 Breathe like Pebble

Breathe in slowly through your nose.
Blow out slowly like Pebble's snorkel.
Repeat three times.



Breathe in...



...and out...



Three times
helps a lot!

3 Look around

Find and notice:



3 things you can see



2 things you can hear



1 thing you can feel

Even small things can help
you feel calmer. ♥



4 Choose what you need

What might help you right now?



A cuddle



Someone
to talk to



Something
comforting



Somewhere
quiet



A drink
of water



A little
break

Calmer
children make
a brighter
tomorrow.
♥

"Slow is still moving."
– Pebble