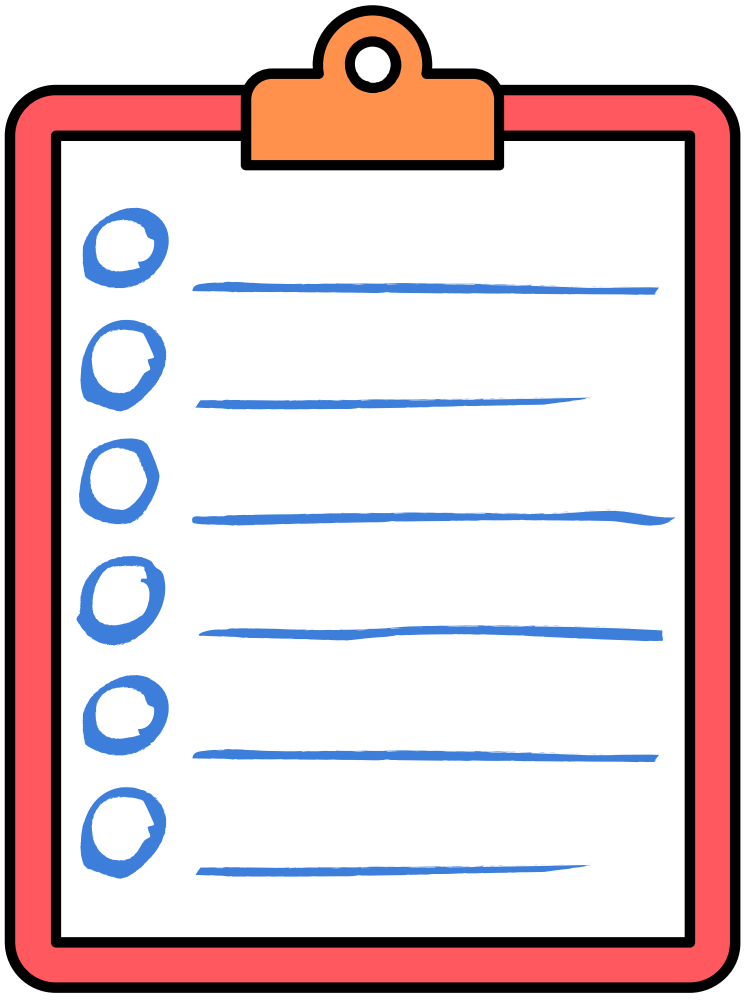
_____'s Calm Kit

Some things that make me feel anxious are...

1. _____
2. _____
3. _____

I feel this in my body...

I can cope with anxious feelings by...



I know I can always talk to...



My trusted adult is _____

Erika's Lighthouse

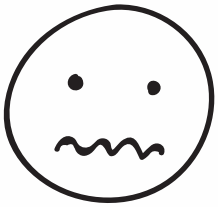
_____'s Calm Kit

Some things that make me feel anxious are...

1. When I have to speak in front of the whole class.
2. When I have to try to score a point in gym.
3. When my mom is mad at me.

I feel this in my body...

- Butterflies in my stomach
- I get really warm



I know I can always talk to...

My mom

My friend

I can cope with anxious feelings by...

- Taking a deep breath
- Going for a walk
- Playing with my friends
- Journaling
- Listening to music
- Squeezing a stuffed animal

My trusted adult is Mr. Duffer (the counselor)

Erika's Lighthouse