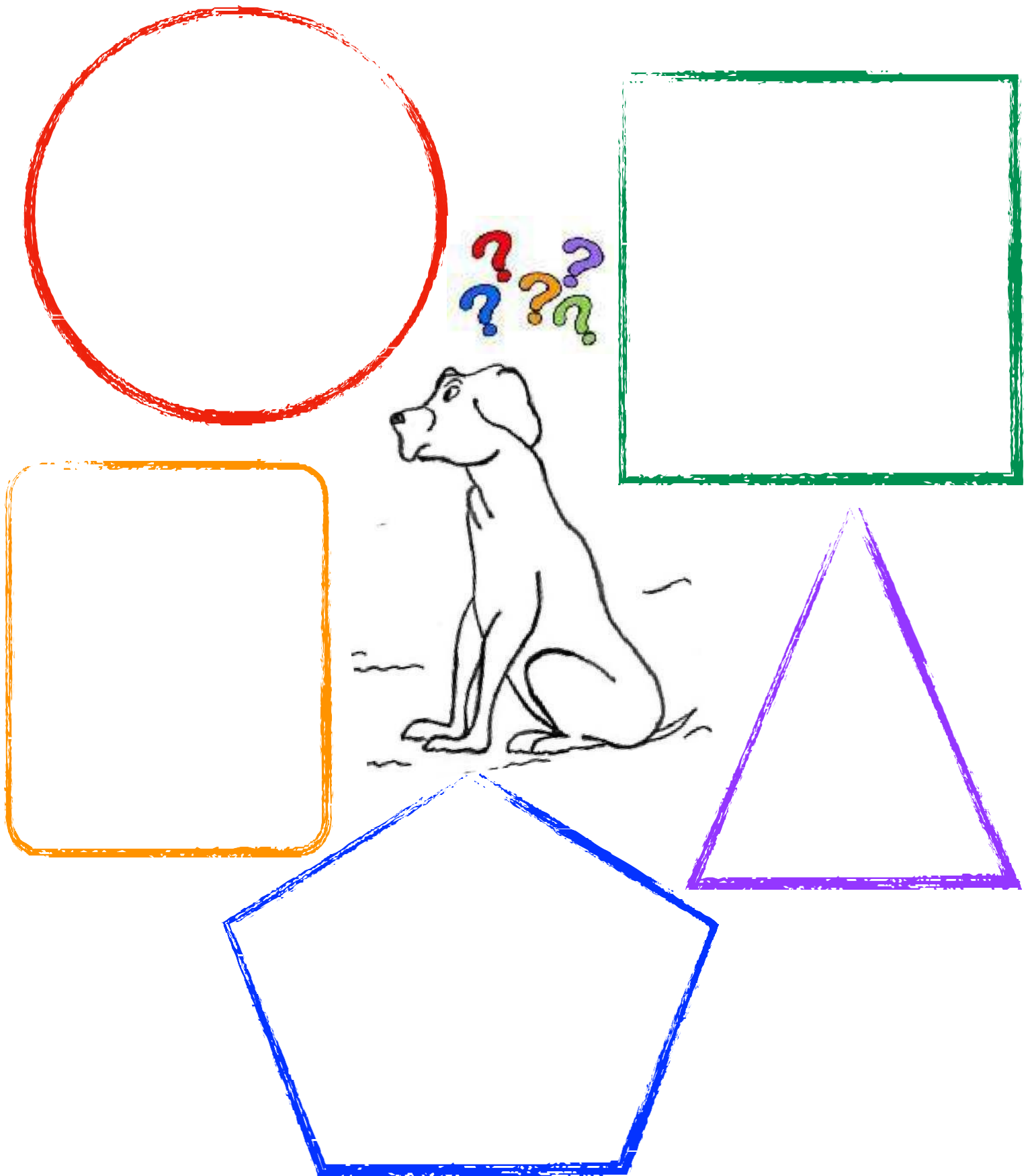


# Finding My Calm



In each box draw a  
way you like to calm  
down.

