

# CALM CORNER



# Size of the problem



## Emergency

I am in danger or hurt.  
I need immediate help.



## Huge Problem

I am angry.  
I feel overwhelmed.



## Medium Problem

Something is bothering me.  
I feel anxious.



## Small Problem

I can solve the problem  
on my own.



## Little Problem

I can solve the problem  
quickly.

# How are *you* feeling?



Happy



Angry



Nervous



Jealous



Worried



Shy



Silly



Scared



Focused



Surprised



Tired



Calm



Excited



Sad



Sick



Proud

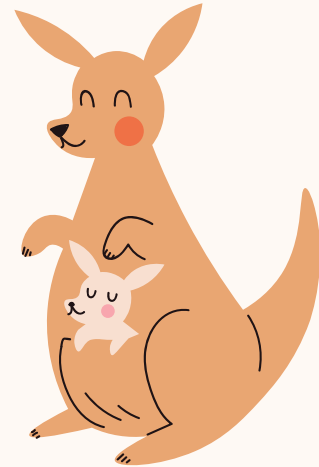


# Australian Breathing Exercises



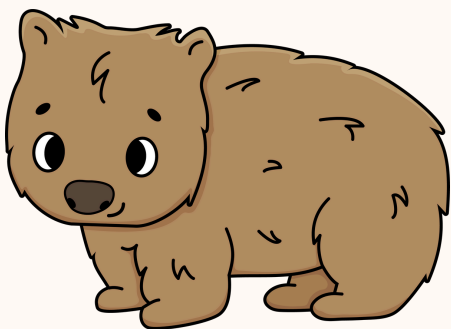
## Koala Breathing

Breathe in slowly like a sleepy koala climbing a tree.  
Exhale with a soft sigh.



## Kangaroo Breathing

Take two quick nose sniffs and one long exhale, like bouncing in place!



## Wombat Breathing

Take a deep belly breath, hold it like a wombat in a burrow, then let it out slowly.



## Penguin Breathing

Inhale big, puff your chest like a penguin, then exhale with a flap!