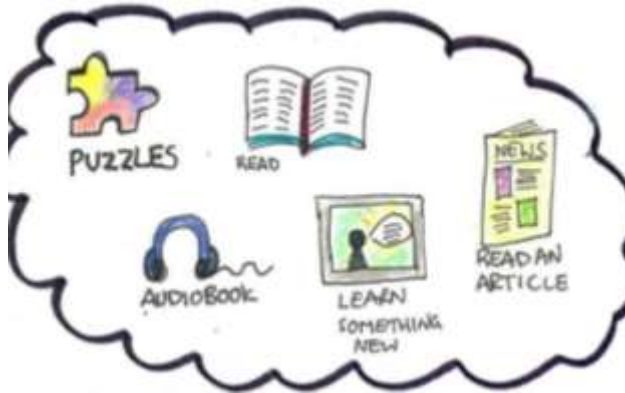


Example Mind Calming Activities:








Example Feelings Calming Activities











Pick an activity.
Take some time to do it today.

STEPS FOR NEXT TIME

1.  Pause: What signs are there?
2.  "Where is it coming from?"
3.  Choose a calming activity
4.  Take some time for it
5.  Start balancing as you do it

EXAMPLE

1.   "my thoughts are foggy"
2.   "my mind is weak"
3.   "I will colour"
4.  Take 30 min to do this
5.  Feel better at the end of the 30 min, than when you started

WANT MORE?

Download this booklet and other resources at:

heartandhomeconsulting.com

For next steps, go to the library and check out:

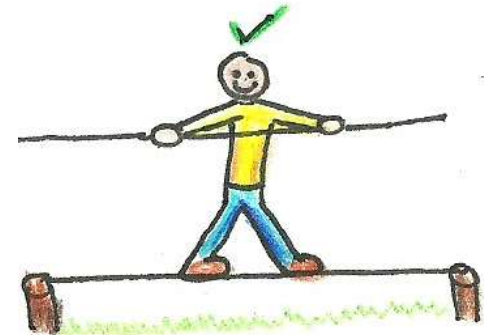
- *Calming Objects Library*
- *Calming Activity Library*

Booklet developed by: Rachel Marie, BEd
Learning & Behavioral Consultant

Print double sided (short side) and fold on dotted line

When Life Throws you Off Balance

Sometimes in life we can balance it all



But sometimes we fall



In this booklet are some simple:

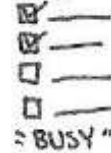
STEPS
TO
STABILITY



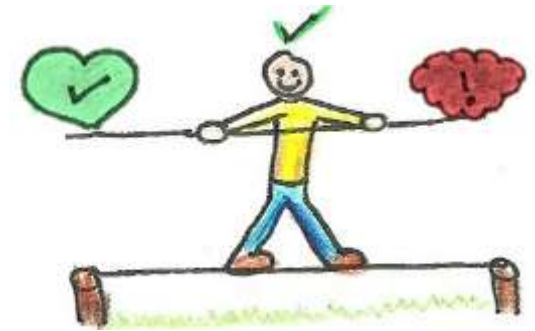
WHAT THROWS US OFF BALANCE?



SIGNS YOU'RE OFF BALANCE



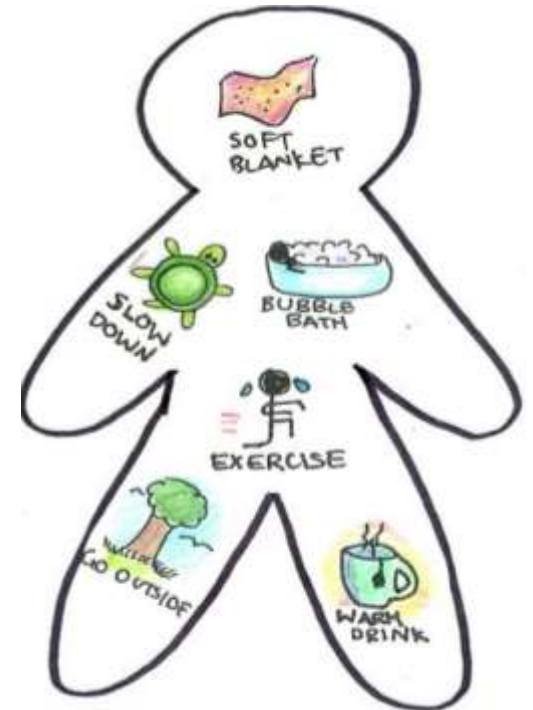
GETTING BALANCED AGAIN



When one area is weak and making us fall, the other two are often still strong

If we do an activity using our strong area it can help balance again.

Example Body Calming Activities:



Circle any you are feeling right now