

# I Can Have A Calm Body

## 1. Stop



Stop what you are doing

## 2. Smell the flowers



Inhale through your nose

## 3. Blow Out the Candle



Exhale through your mouth

## 4. Plant Feet on the Floor



Have both feet find the floor

## 5. Loosey Goosey Arms to Side



Let your arms hang loosely at your sides

## 6. Use Your Words



Use your words to solve the problem

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