



I put on my **Calm Paws** when my feelings get too big.



Make my paws quiet.

I hold my body still.



Breathe in slowly.

Sometimes I imagine
smelling a flower.



Breathe out slowly.

Sometimes I imagine
watching a butterfly float
through the air.



**Sometimes I just
close my eyes and
breathe.**

And that's okay.



Then I try again.

I can do hard things, one
slow breath at a time.