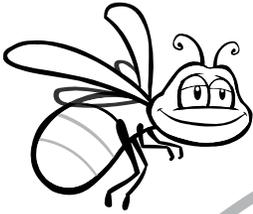


Name: _____

Building
Resilience
with Hunter
and Eve

Keeping Calm

Coloring Sheet



Steps to Keep Calm!

1. Breathe in **deeply** through your nose.
2. Breathe out **slowly** through your mouth.
3. **Repeat** until you feel calmer!

