Count Yourself Calm



Written by

Illustrated by Eliza Huie Mike Henson

Have you ever had a bad day?





A day when things are not ok and your feelings are so big that it's hard to breathe?

Those days can feel like **EVERYTHING** is going wrong, and **NOTHING** seems to make it better.



Or maybe you are angry.





Maybe you feel sad.



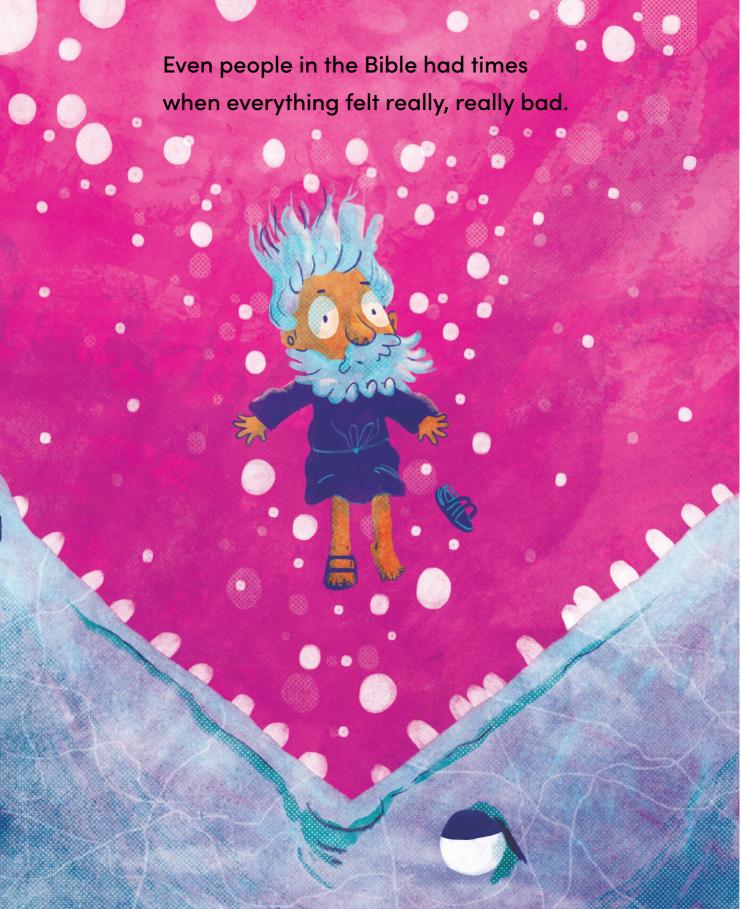
Perhaps you're feeling worried...

... lonely, scared, or hurt.



Your teachers do.





On days like that, there is a little activity that can be a big help.



We can learn it on the good days and practice it on the hard days. It is as easy as counting down from five and will help to steady your heart and your mind.

It starts with a breath and a prayer...