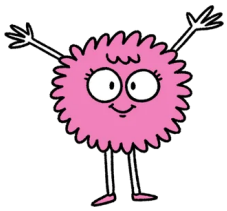
~ CALM DRAWING 1



Square Breathing

Draw a square slowly. Breathe in up one side, hold across the top, breathe out down, hold across the bottom.

1 minute

~ CALM DRAWING 2

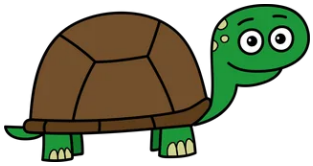


Star Breathing

Draw a star slowly. Breathe in on each line that goes up, breathe out on each line that goes down.

1 minute

~ CALM DRAWING 3

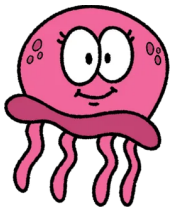


Slow Spiral

Draw a spiral as slowly as you can, from the outside to the middle.

1 minute

~ CALM DRAWING 4



Wave Lines

Draw slow waves across your paper. Breathe in as the wave goes up, out as it comes down.

1 minute

~ CALM DRAWING 5

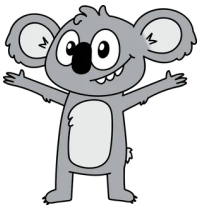


Tiny Pattern

Draw a box. Fill it with one tiny pattern: dots, stripes or hearts.

2 minutes

~ CALM DRAWING 6



Draw a Sound

Close your eyes and listen for one minute. Draw one sound you heard.

90 seconds

~ CALM DRAWING 7



Cloud Shapes

Draw a puffy cloud. What does it look like? Turn it into that.

90 seconds

~ CALM DRAWING 8



Smile Doodle

Draw one thing that made you smile today.

90 seconds

~ CALM DRAWING 9



My Calm Place

Draw a cozy place where you feel calm. Who or what is there with you?

2 minutes

~ CALM DRAWING 10



Hand Trace Breathing

Trace your hand slowly. Breathe in up each finger, breathe out down.

1 minute

~ CALM DRAWING 11



Slowest Line

Draw a line across your paper as slowly as a lizard in the sun.

1 minute

~ CALM DRAWING 12



Flower Circle

Draw a small circle. Draw the same shape all the way around it, like petals.

90 seconds

~ CALM DRAWING 13



Color One Shape

Draw one big shape and color it in very slowly, right to the edges.

2 minutes

~ CALM DRAWING 14

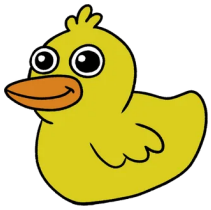


Tiny Gift

Draw a tiny picture for a friend or for your teacher.

90 seconds

~ CALM DRAWING 15



Raindrop Count

Draw 10 raindrops, one slow breath for each drop.

1 minute

~ CALM DRAWING 16



Sleepy Panda

Draw a character getting ready for a nap. Give it a pillow and a blanket.

90 seconds