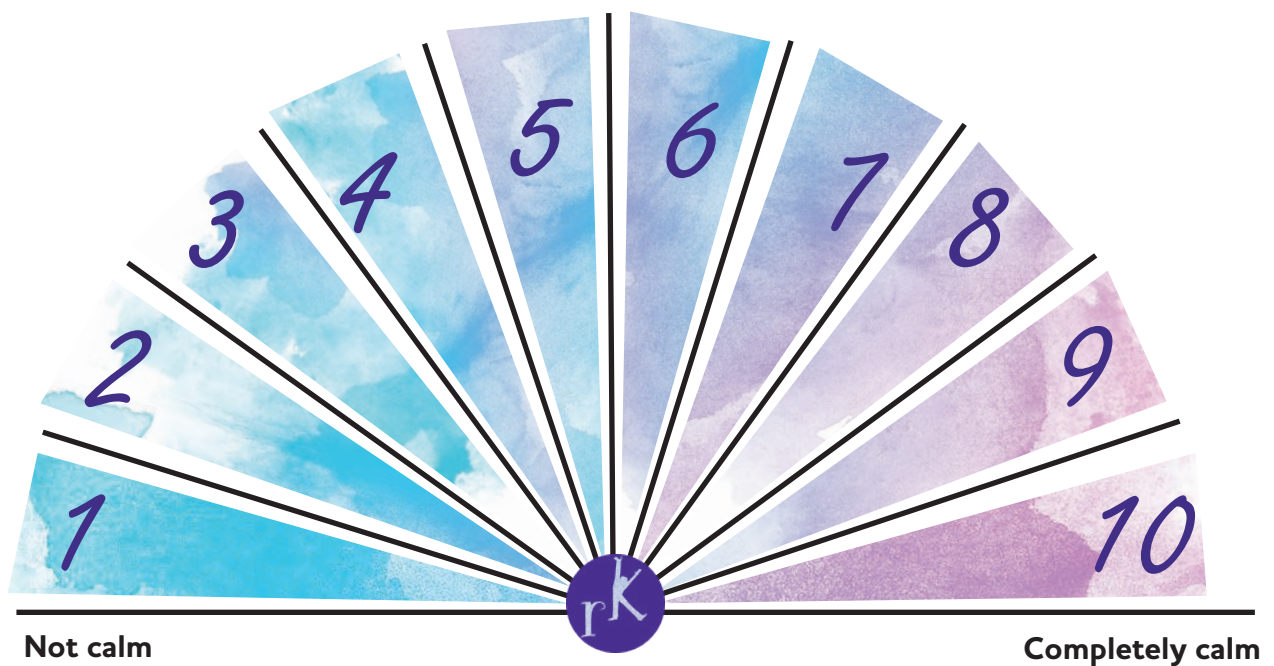


Calmometer

How to use: Close your eyes and notice how you feel. Look at the Calmometer and note where you are on it. Check again after doing your relaxation exercise.



How calm do you feel?

www.relaxkids.com