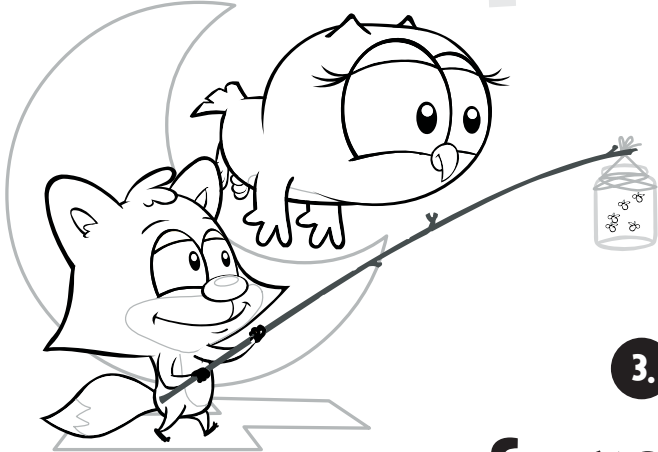


Name: _____

**Building
Resilience
with Hunter
and Eve**

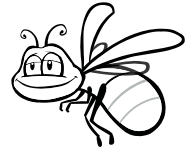
Keeping Calm

SUGGESTED FOR:
Grades 3-5



Steps to Keep Calm!

1. Breathe in **deeply** through your nose.
2. Breathe out **slowly** through your mouth.



3. **Repeat** until you feel calmer!

Time for YOU to practice!

Practice breathing just like it says in the three steps above! It will help you in any situation where you need to keep calm! The more you practice, the easier and more natural it will become for you!



After you practice **all 3 steps**, put a in the box above!
How many times can you practice your breathing to keep calm?

Make a List!

Make a list of situations that make you feel upset or scared where you could use breathing to help you **KEEP CALM!**

1. _____
2. _____
3. _____
4. _____

Follow the example below. Write and **ACROSTIC** poem with words from the video to help you **KEEP CALM!**

K eep breathing _____

E _____

E xhale slowly _____

P _____

C _____

A _____

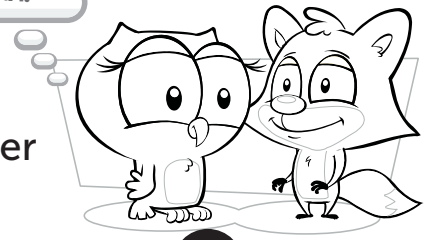
L _____

M _____



DRAW What You Know!

I'm thinking
this sounds fun!



Draw a picture in each of the boxes below of a character doing what is described. Use "thinking clouds" in your drawings to show what your character is thinking! Use **detail** in your pictures!

1.

Put your hands on your stomach. Breathe in through your nose for **3 seconds**. Feel your hands on your stomach rise.

2.

Slowly exhale through your mouth for **5 seconds**. Feel your hands on your stomach fall.

3.

Repeat steps #1 and #2.

CRUNCH Eve's Code!

Use the code to the left to reveal Eve's very important message to **YOU!**

Eve's Code

a $\frac{1}{2}$ b $\frac{2}{3}$ c $\frac{3}{4}$ d $\frac{4}{5}$ e $\frac{5}{6}$ f $\frac{6}{7}$

g $\frac{7}{8}$ h $\frac{8}{9}$ i $\frac{9}{10}$ j $\frac{10}{11}$ k $\frac{11}{12}$ l $\frac{12}{13}$

m $\frac{13}{14}$ n $\frac{14}{15}$ o $\frac{15}{16}$ p $\frac{16}{17}$ q $\frac{17}{18}$ r $\frac{18}{19}$

s $\frac{19}{20}$ t $\frac{20}{21}$ u $\frac{21}{22}$ v $\frac{22}{23}$ w $\frac{23}{24}$ x $\frac{24}{25}$

y $\frac{25}{26}$ z $\frac{26}{27}$



9 6 25 15 21 14 5 5 4 20 15 11 5 5 16

3 1 12 13, 6 15 3 21 19 15 14 25 15 21 18

2 18 5 1 20 8 9 14 7 !

2 18 5 1 20 8 9 14 7 1 12 19 15 8 5 12 16 19

25 15 21 20 8 9 14 11 2 5 20 20 5 18 !



Be sure to Keep breathing!