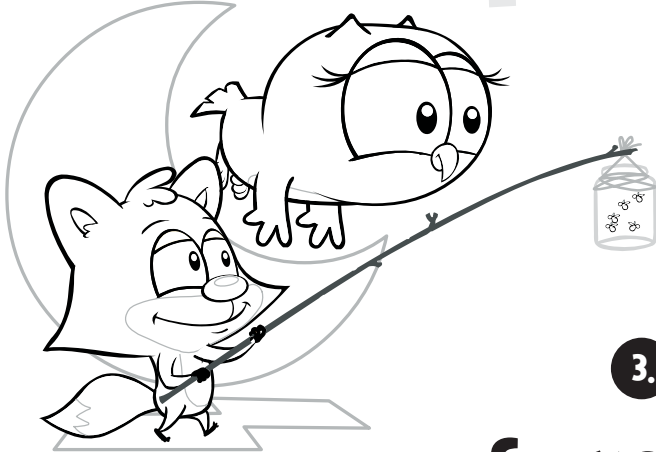


Name: _____

**Building
Resilience
with Hunter
and Eve**

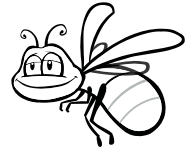
Keeping Calm

SUGGESTED FOR:
Grades K-2



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!

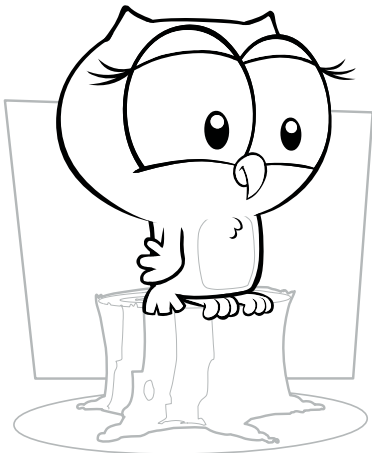
Practice breathing just like it says in the three steps above! It will help you in any situation where you need to keep calm! The more you practice, the easier and more natural it will become for you!



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

CRUNCH Eve's Code!

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



2 5 19 21 18 5

20 15 11 5 5 16

2 18 5 1 20 8 9 14 7!

Eve's Code

a b c d e f g
1 2 3 4 5 6 7

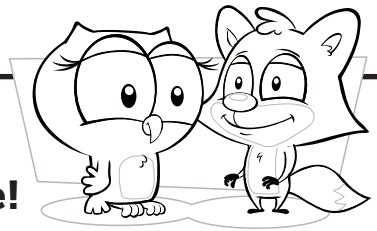
h i j k l m n
8 9 10 11 12 13 14

o p q r s t u
15 16 17 18 19 20 21

v w x y z
22 23 24 25 26

Art Time with Hunter and Eve!

Draw a picture, with **detail**, in each box below that matches the words at the top of each box! **Be creative!**

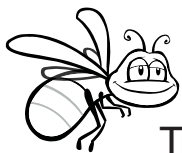


Breathe in deeply
through your nose.

Breathe out through
your mouth!

Take nice long breaths!

Feel your stomach
rise and fall!



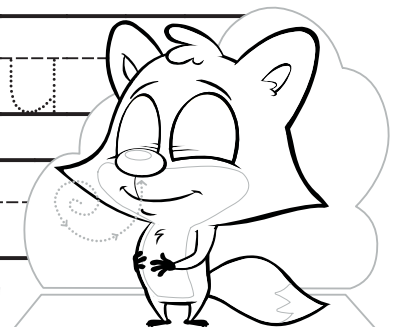
Keep Calm Handwriting Practice

Trace the very important steps that you learned from the video!
Image yourself doing these things as you practice writing the words!

1. Breathe in deeply
through your nose.

2. Breathe out slowly
through your mouth.

3. Repeat until you
feel calmer!



Be sure to Keep breathing!