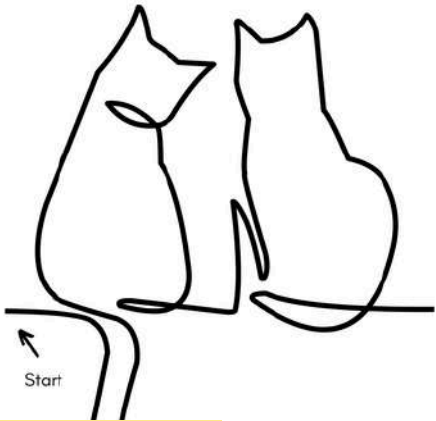


# BREATHING CALMING CARDS

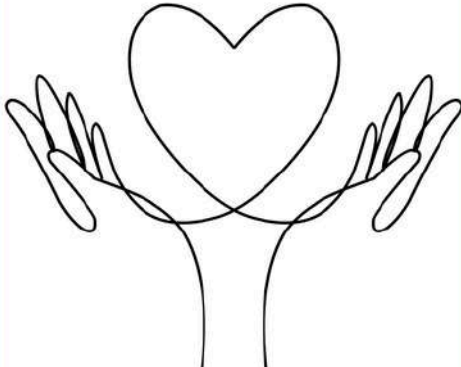
**CALMING CARD**

Place your finger on Start and trace the line while breathing slowly in and out until you finish.




**CALMING CARD**

Place your finger on Start and trace the line while breathing slowly in and out until you finish.



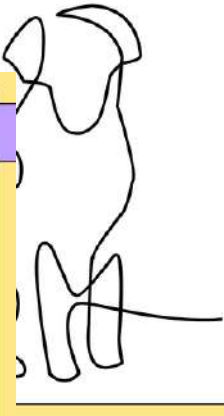
**CALMING CARD**

Place your finger on Start and trace the line while breathing slowly in and out until you finish.



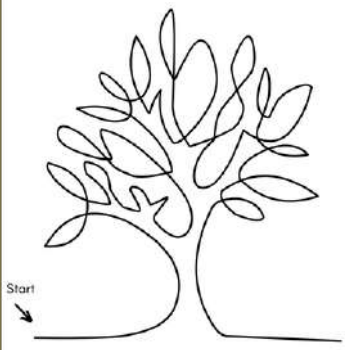
**CALMING CARD**

Place your finger on Start and trace the line while breathing slowly in and out until you finish.



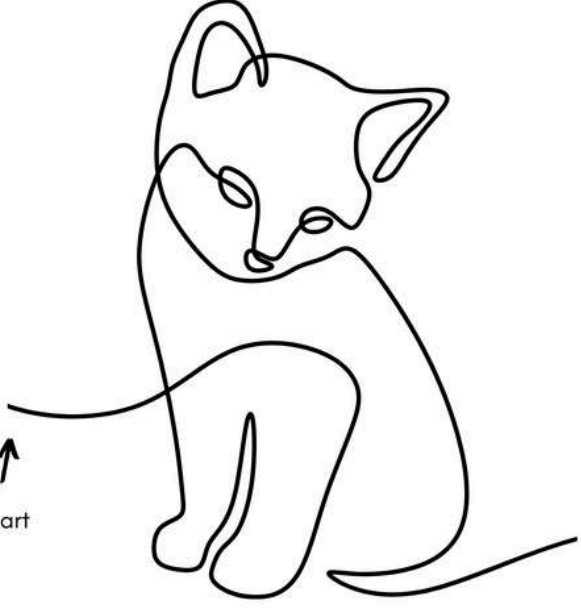
**CALMING CARD**

Place your finger on Start and trace the line while breathing slowly in and out until you finish.



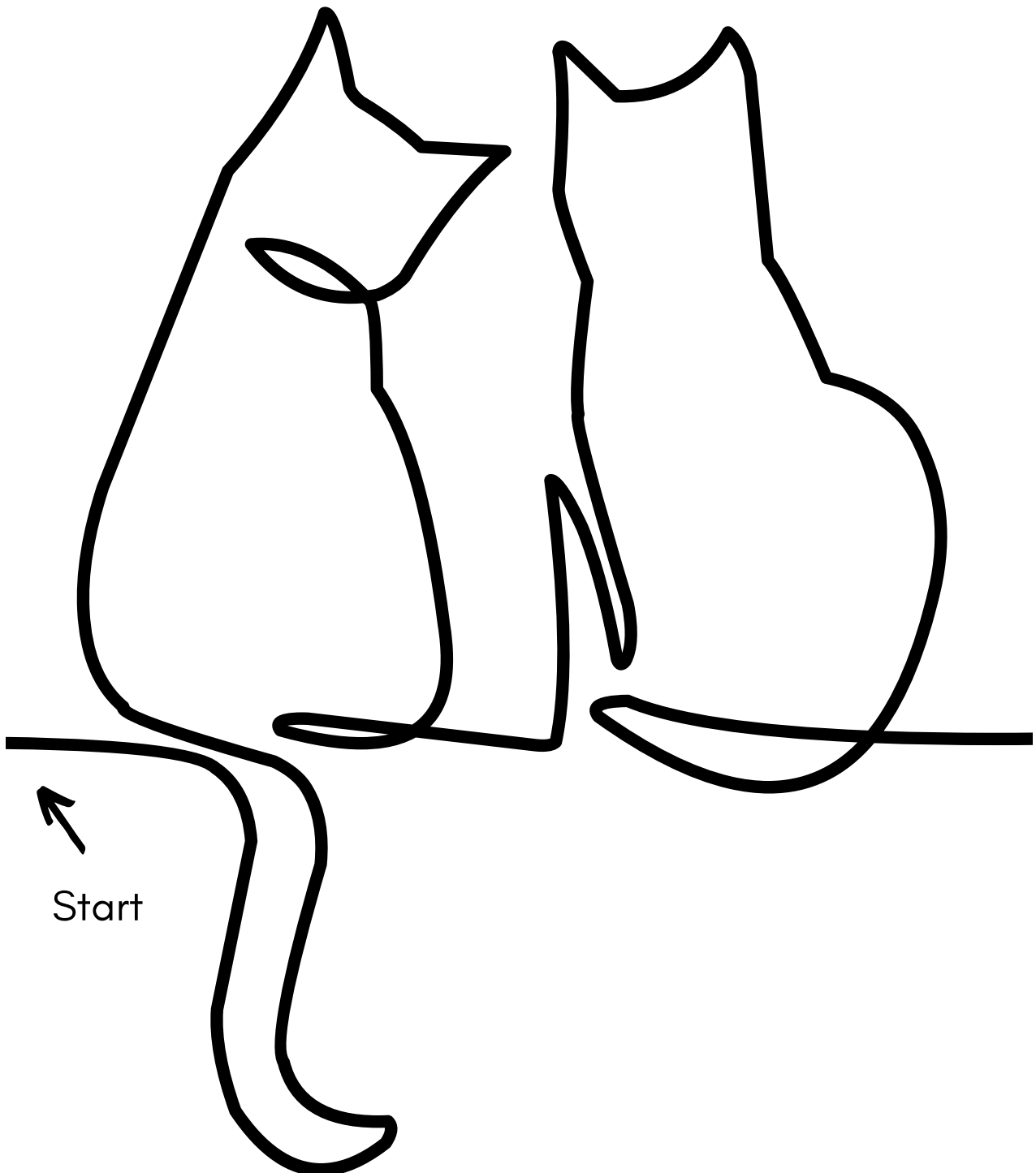
**CALMING CARD**

Place your finger on Start and trace the line while breathing slowly in and out until you finish.



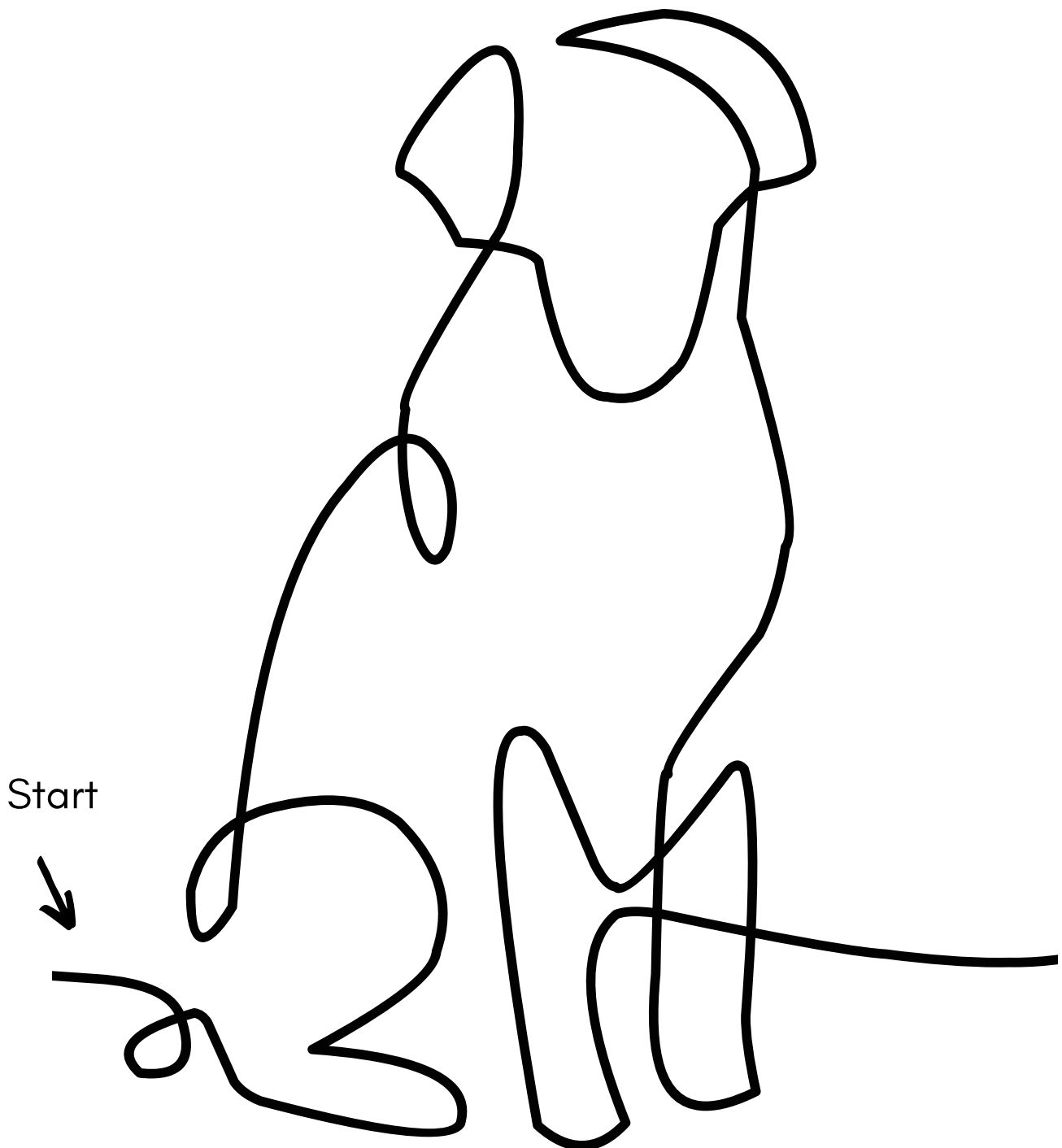
# CALMING CARD

Place your finger on Start and trace the line while breathing slowly in and out until you finish.



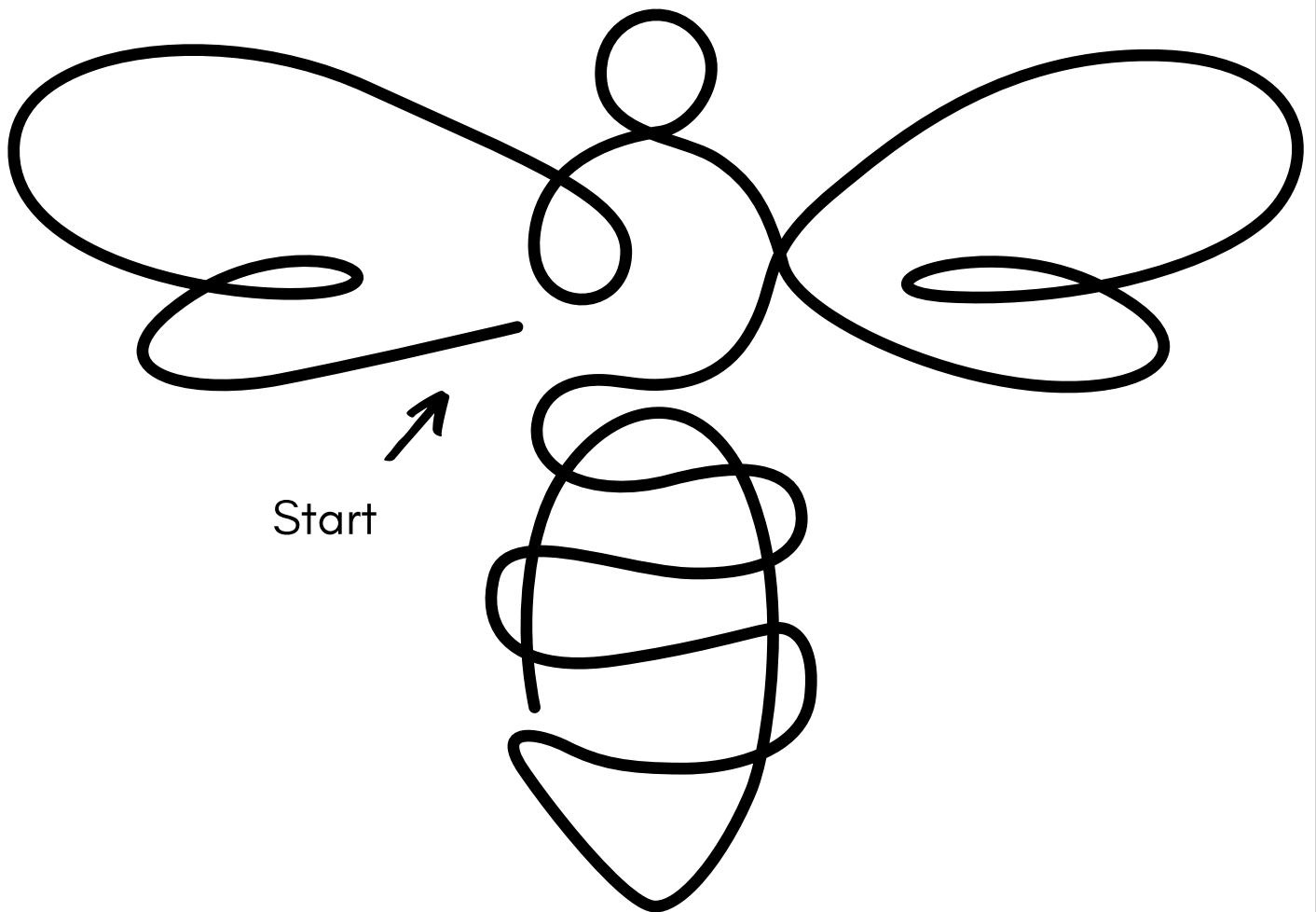
# CALMING CARD

Place your finger on Start and trace the line while breathing slowly in and out until you finish.



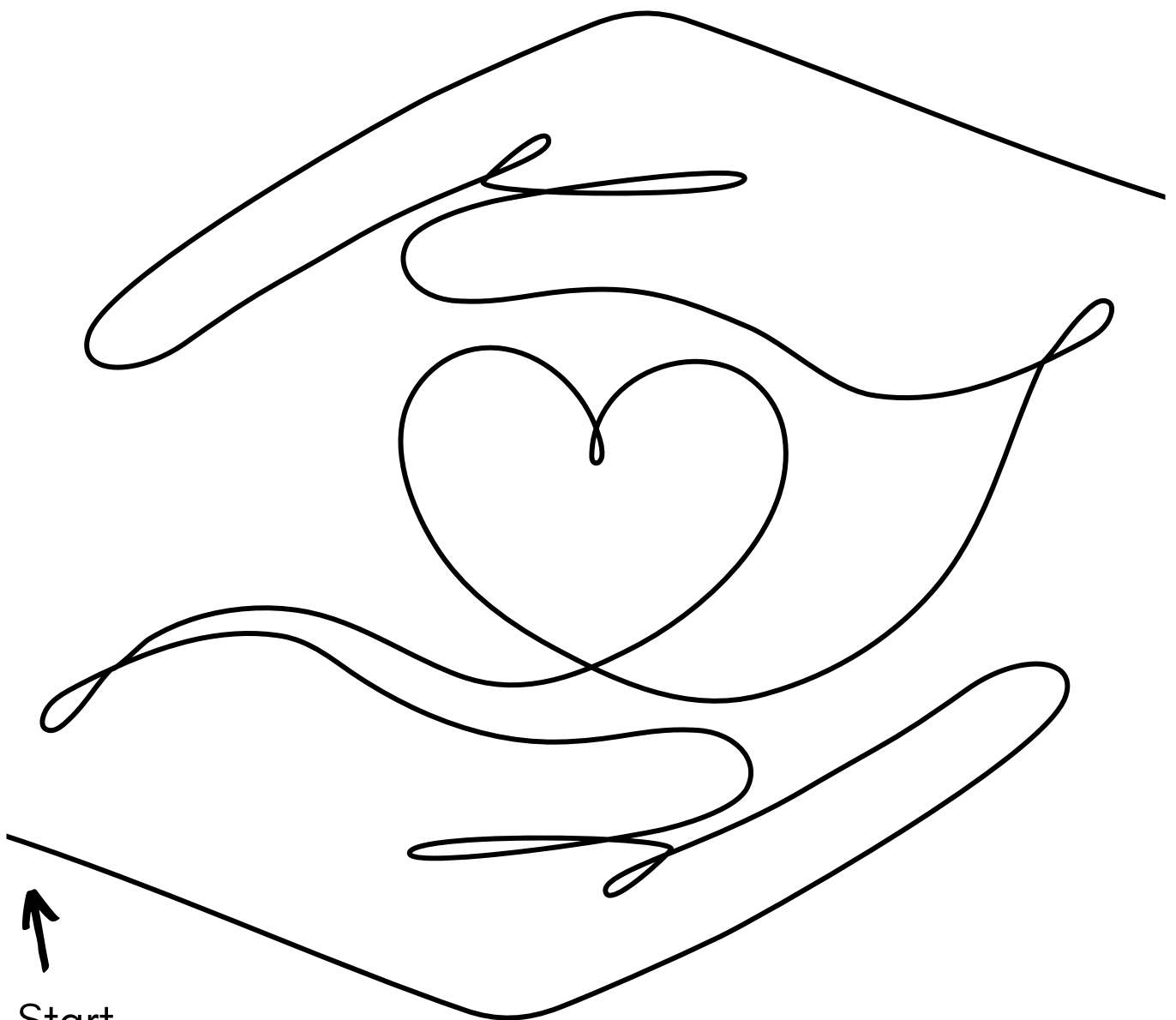
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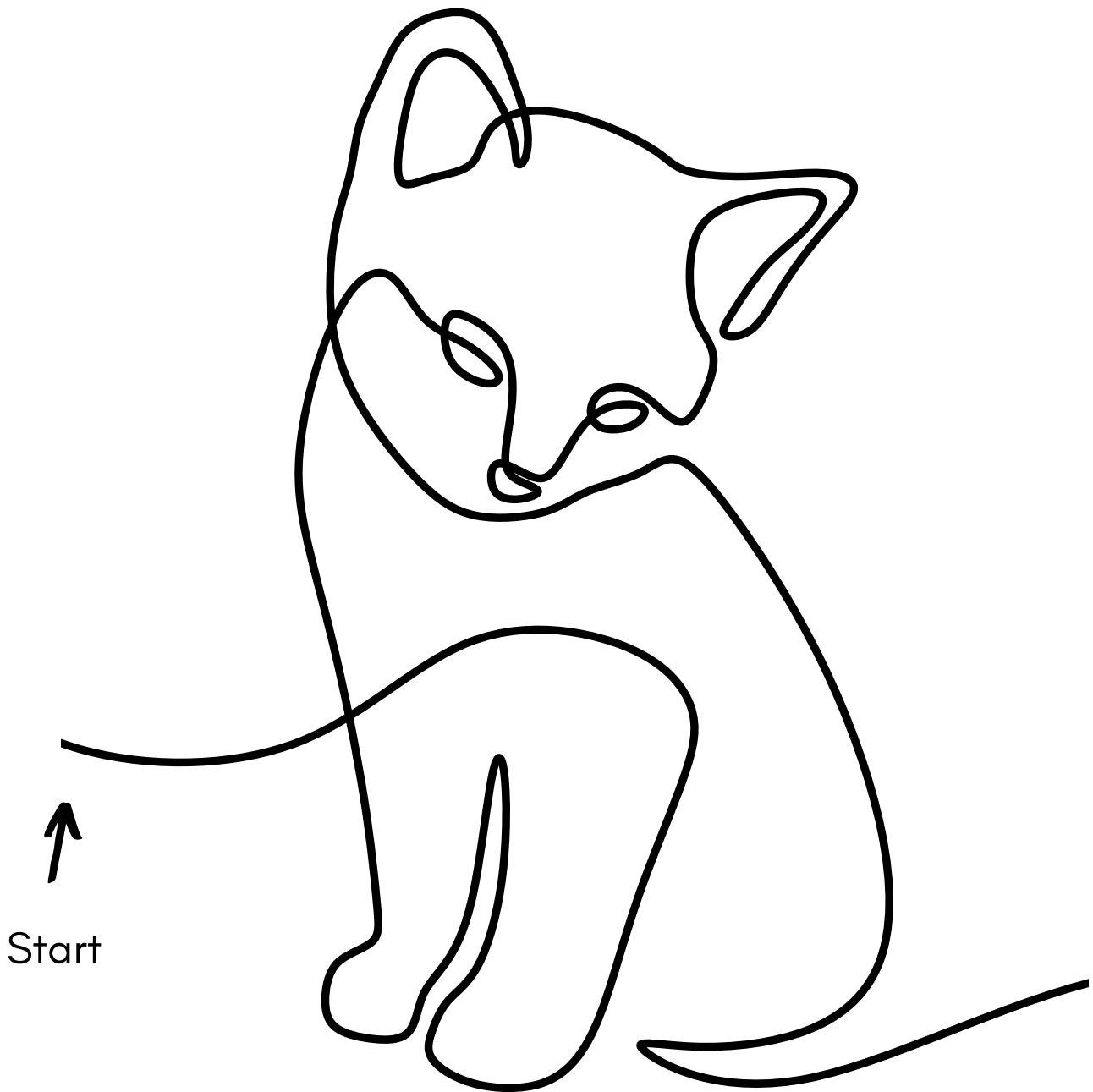
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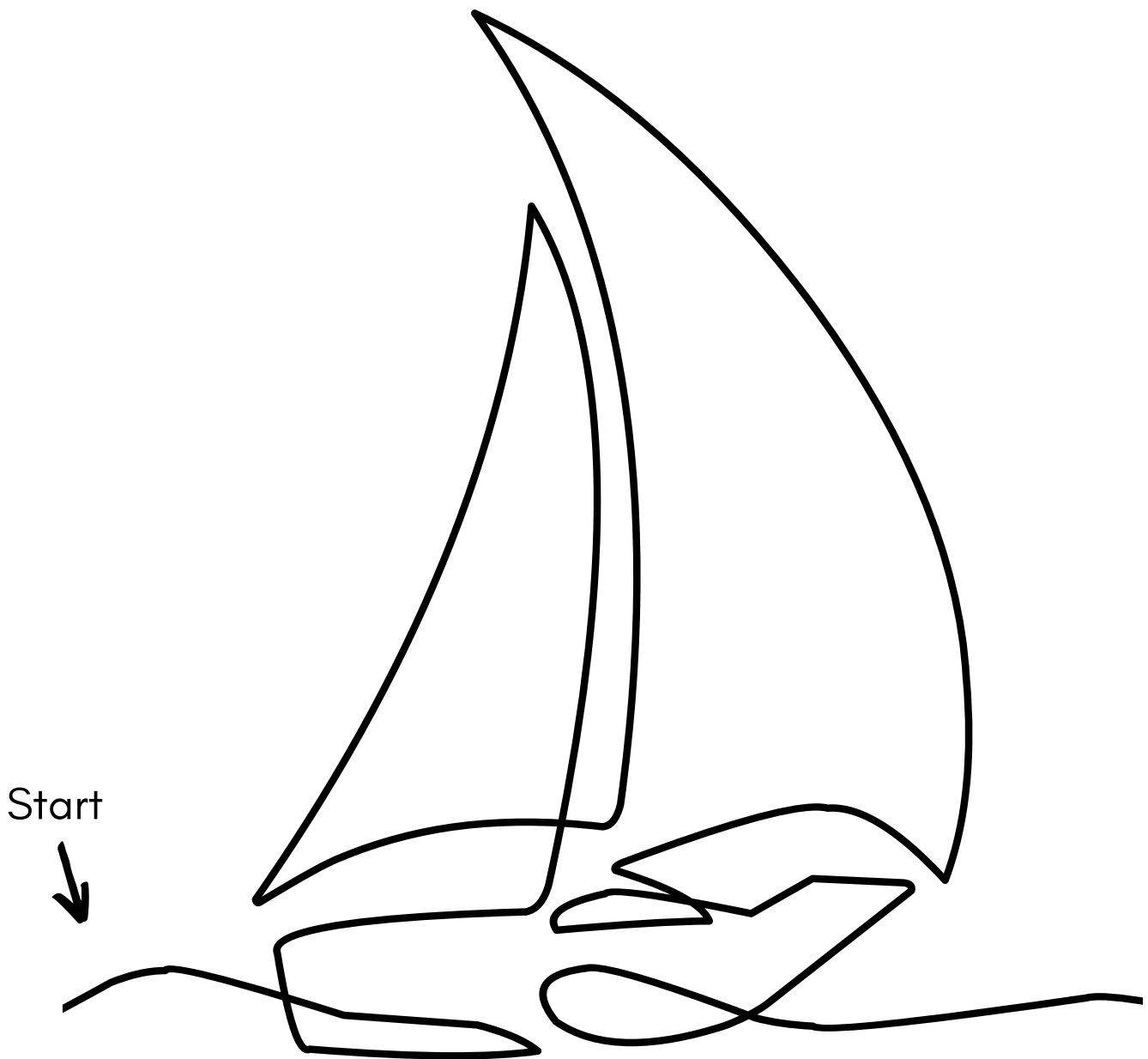
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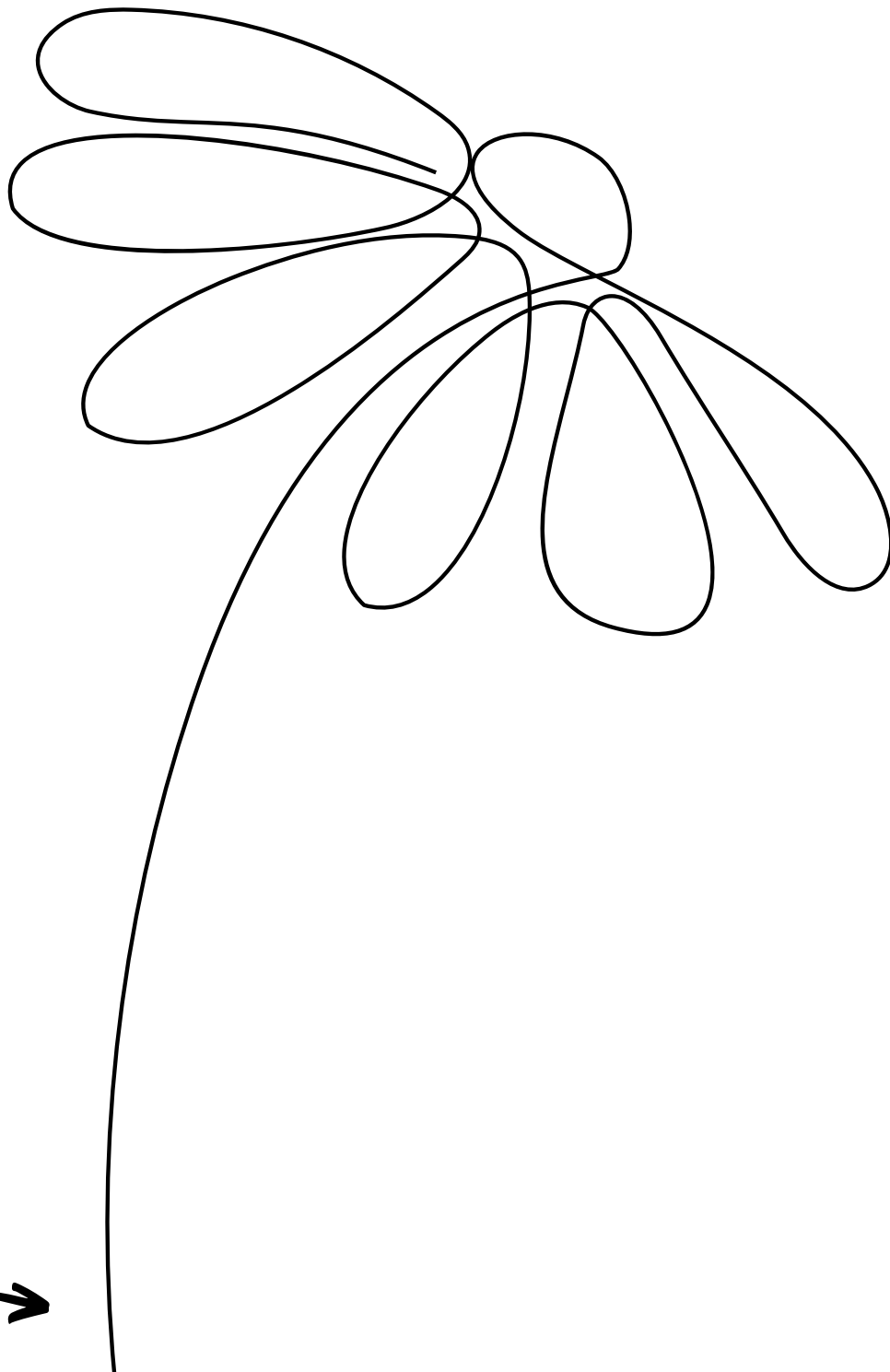
# CALMING CARD

Place your finger on Start and trace the line while breathing slowly in and out until you finish.



# CALMING CARD

Place your finger on Start and trace the line while breathing slowly in and out until you finish.



Start

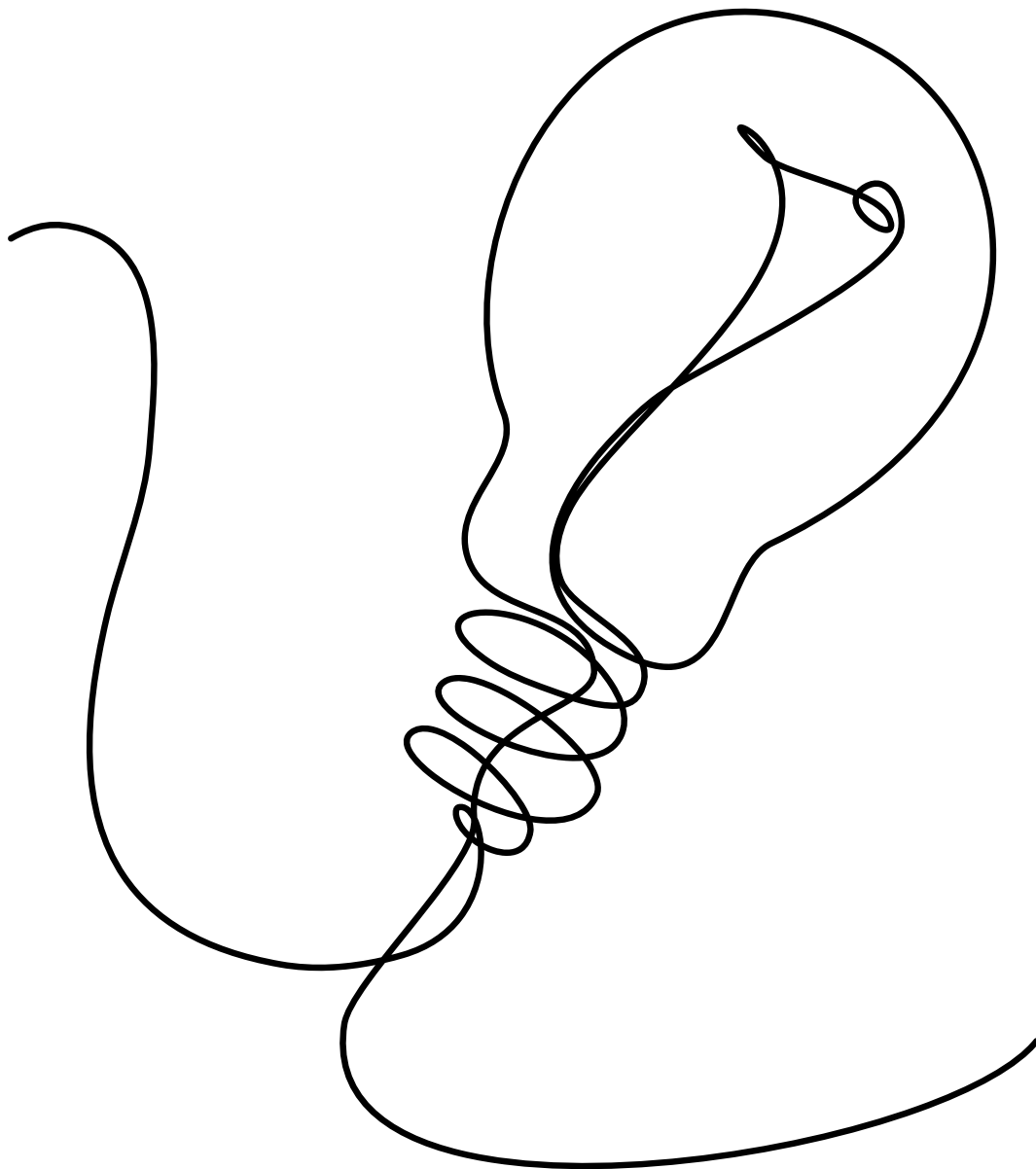




# CALMING CARD

Place your finger on Start and trace the line while breathing slowly in and out until you finish.

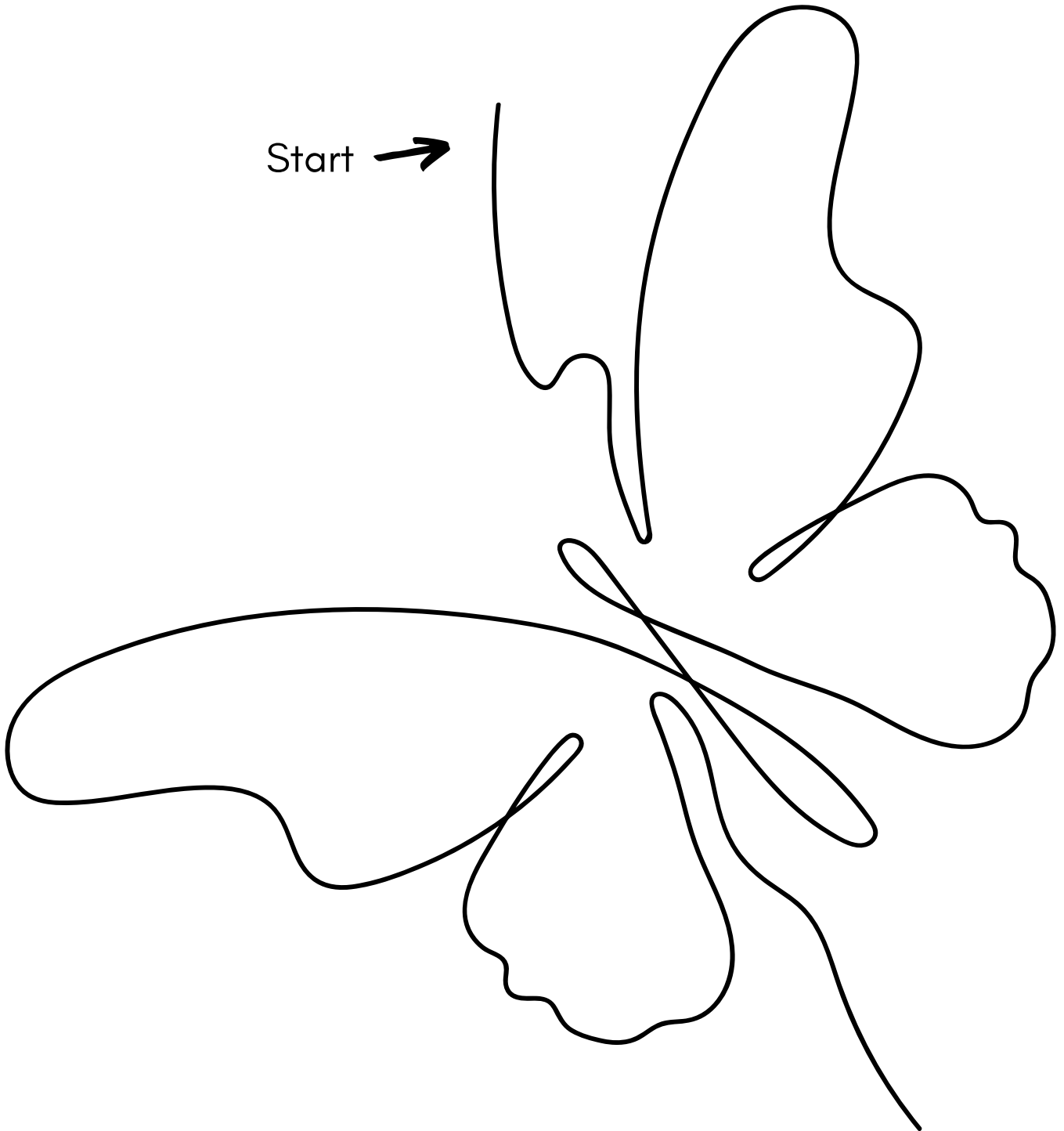
Start



# CALMING CARD

Place your finger on Start and trace the line while breathing slowly in and out until you finish.

Start →



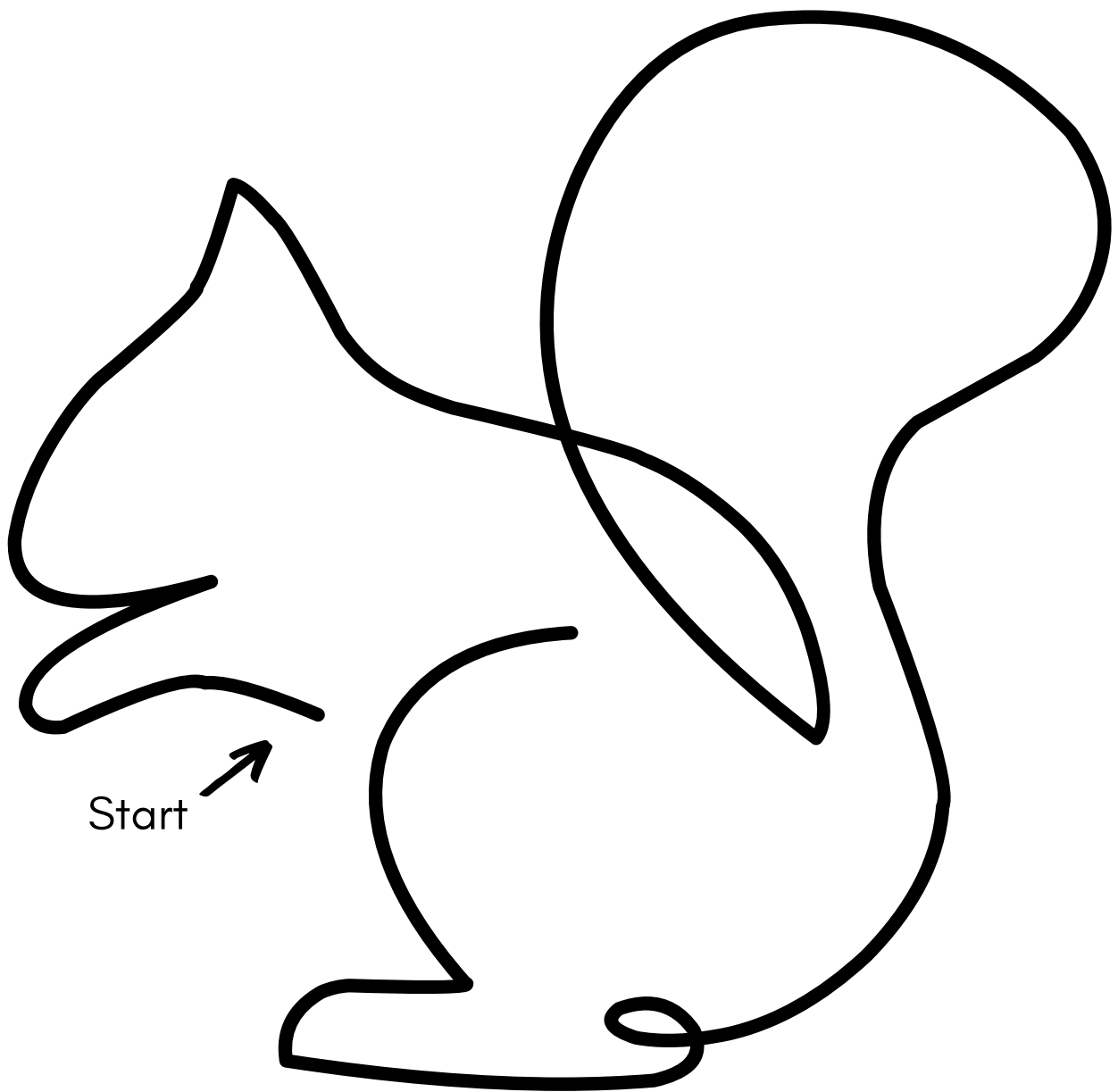
# CALMING CARD

Place your finger on Start and trace the line while breathing slowly in and out until you finish.



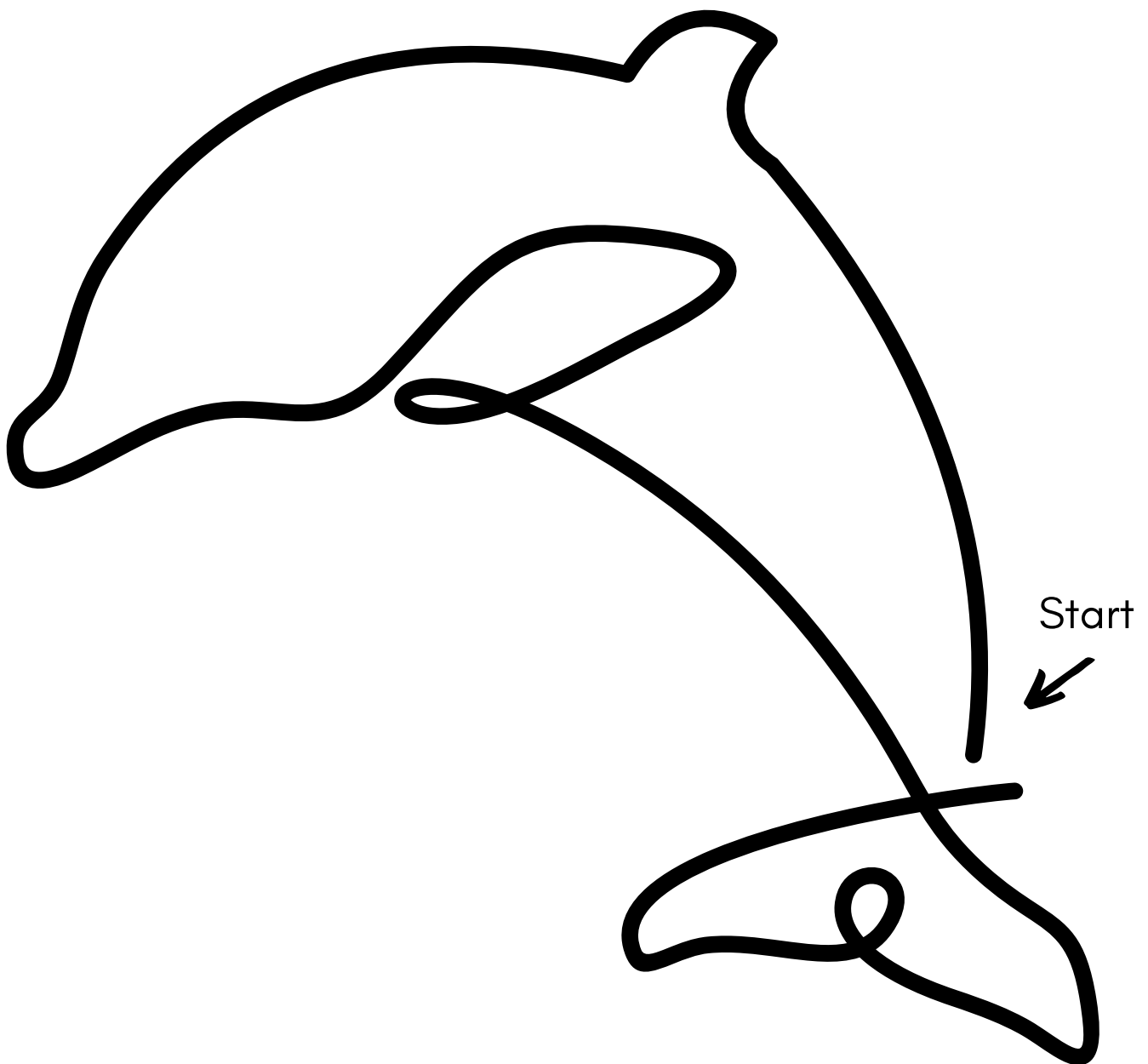
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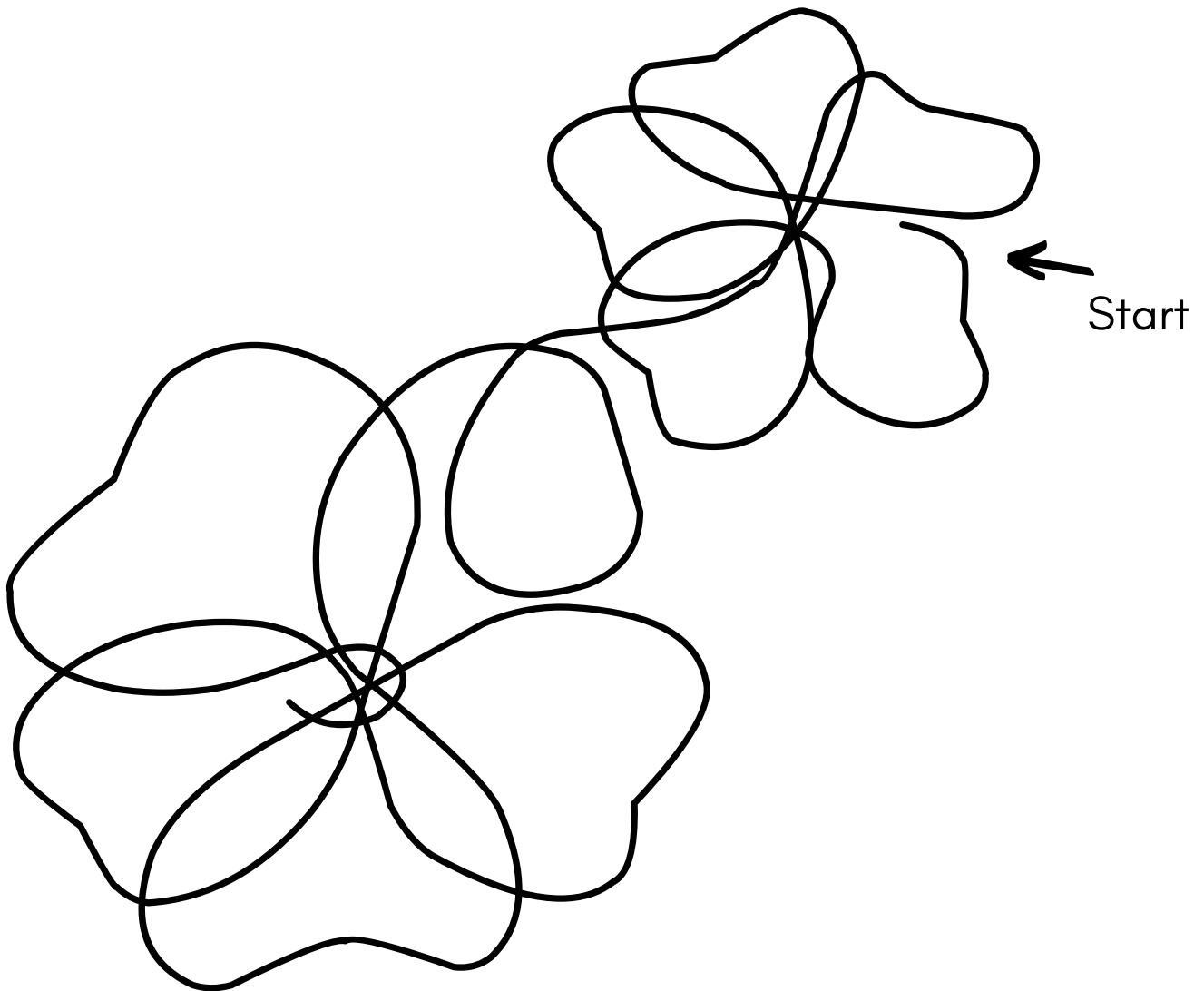
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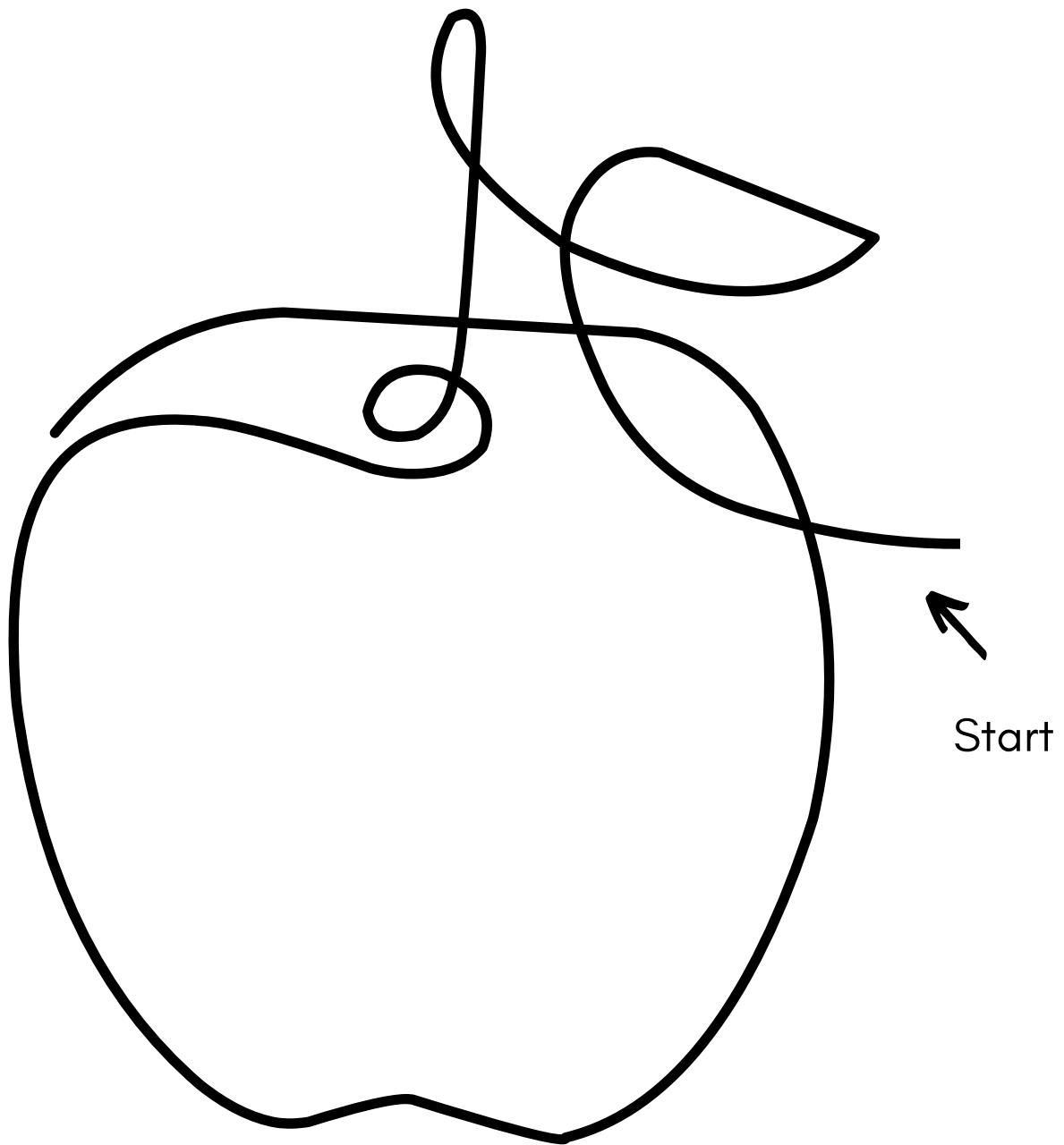
# CALMING CARD

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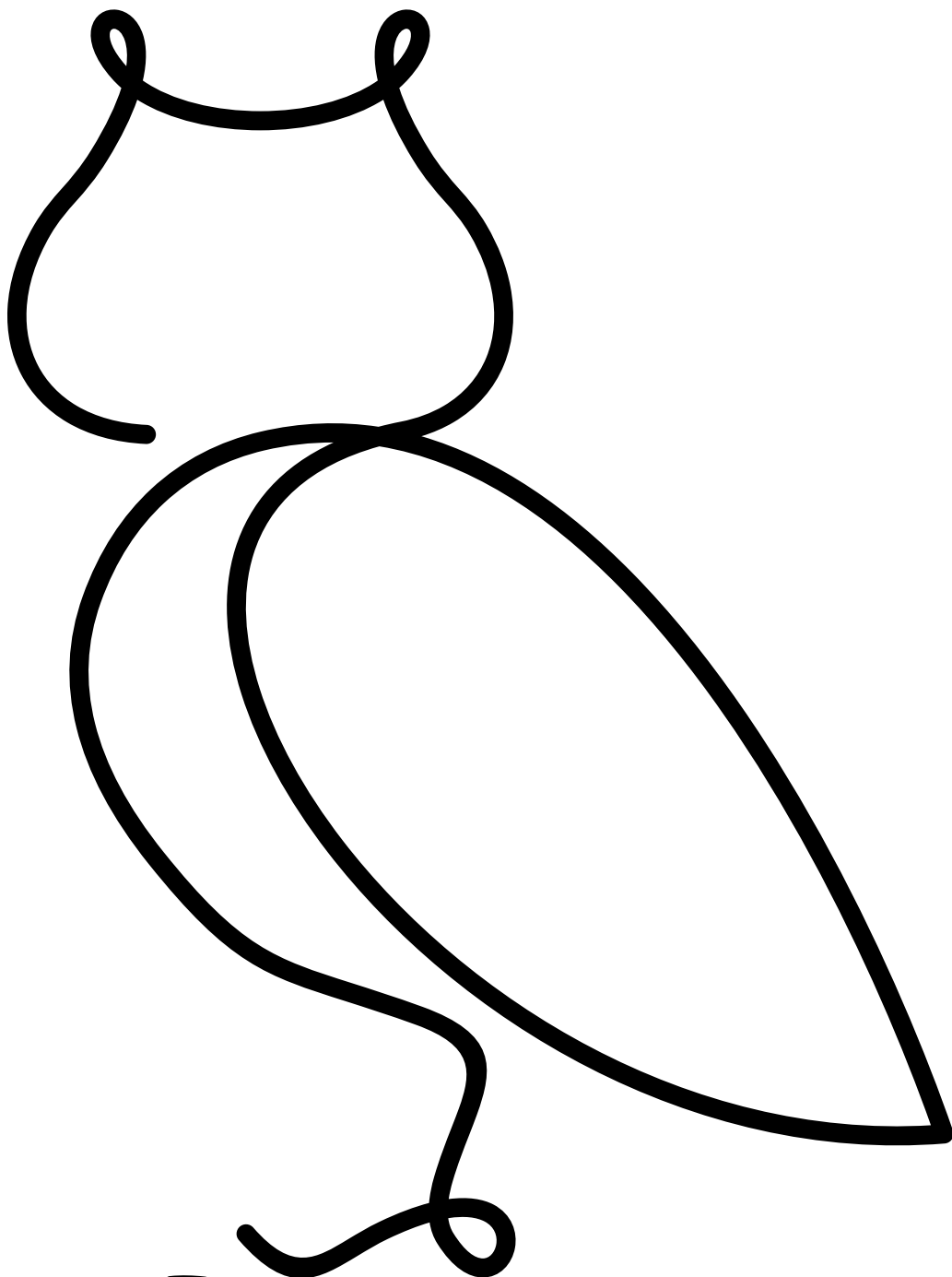
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# CALMING CARD

Place your finger on Start and trace the line while breathing slowly in and out until you finish.

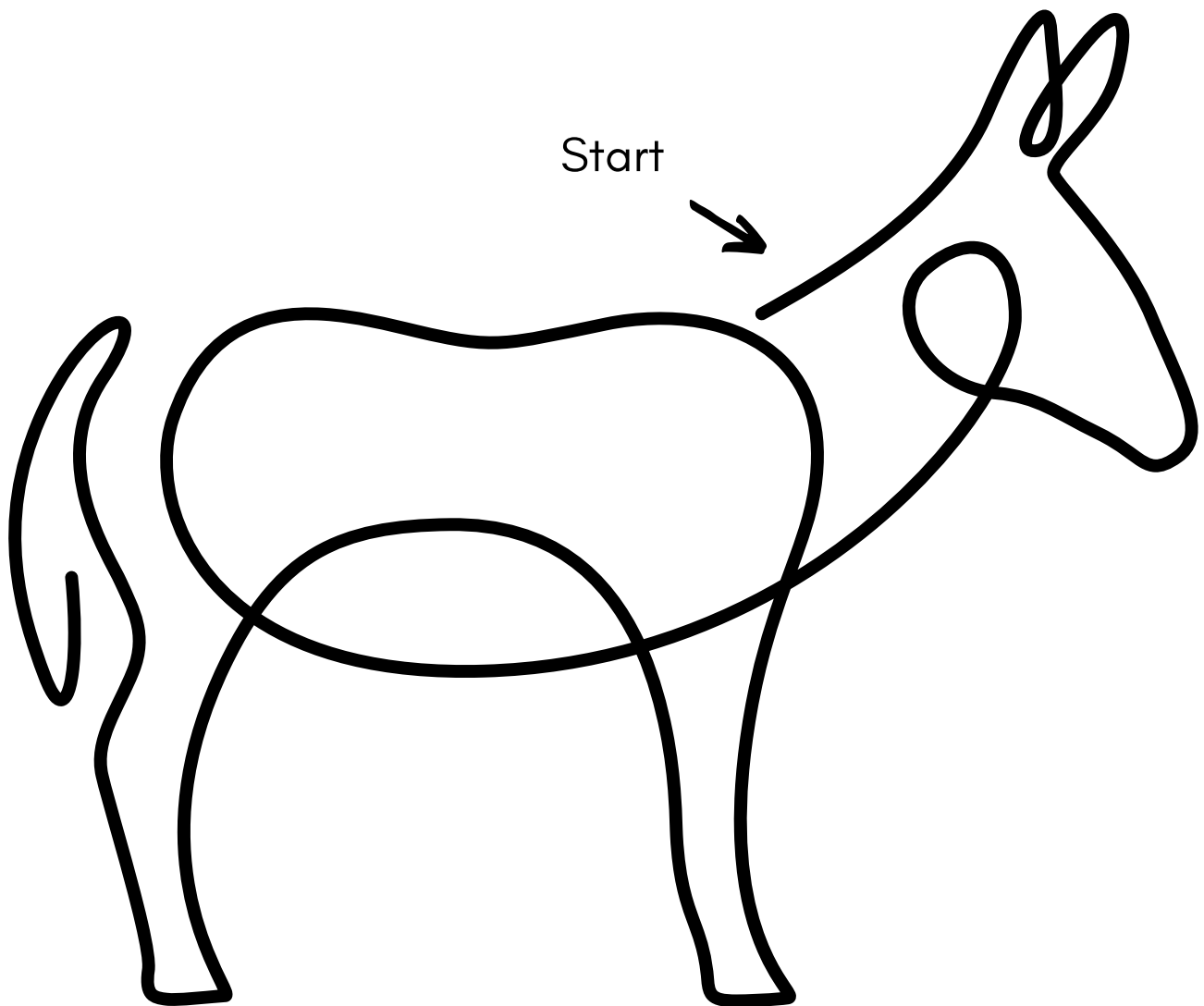


Start →



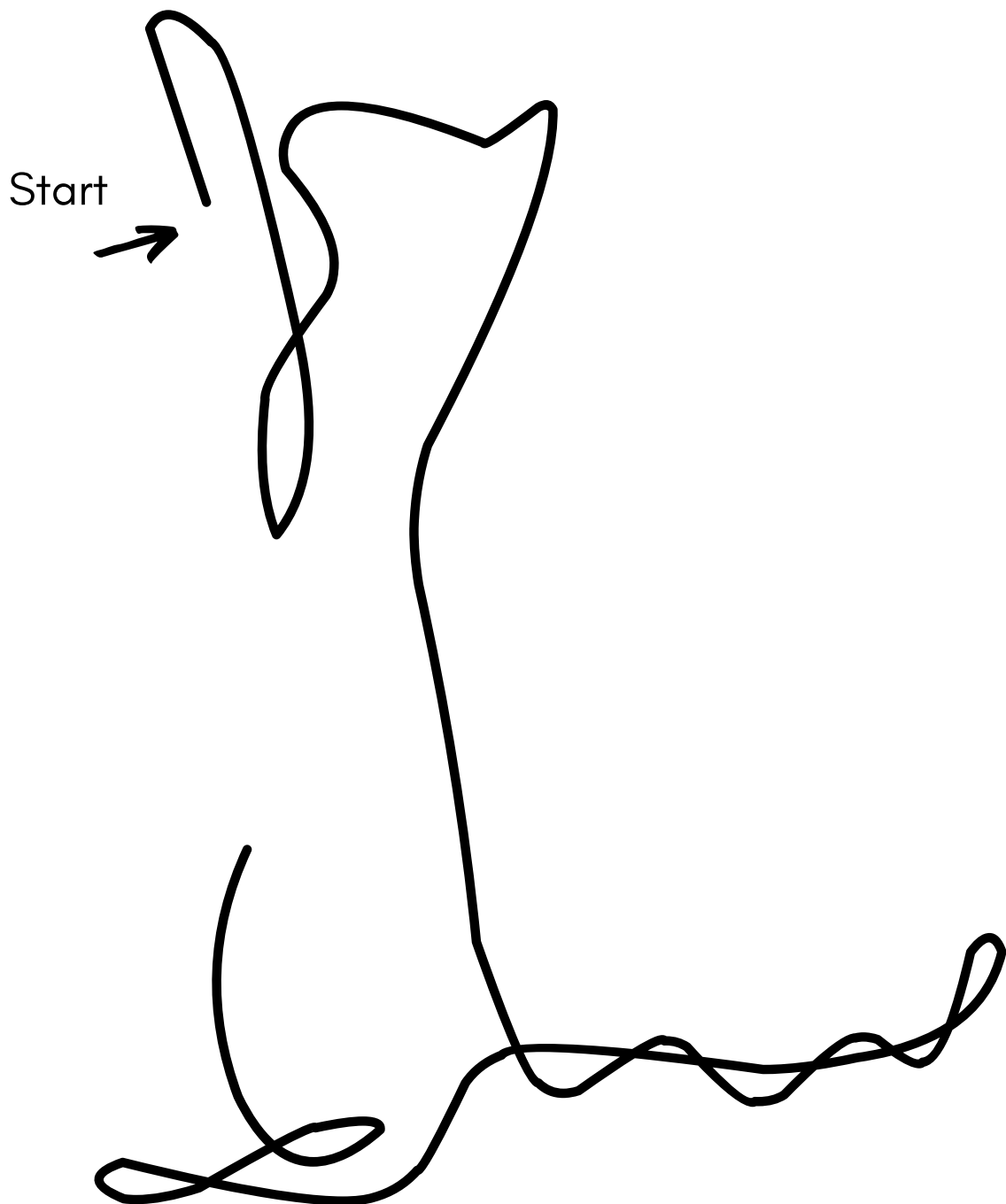
# CALMING CARD

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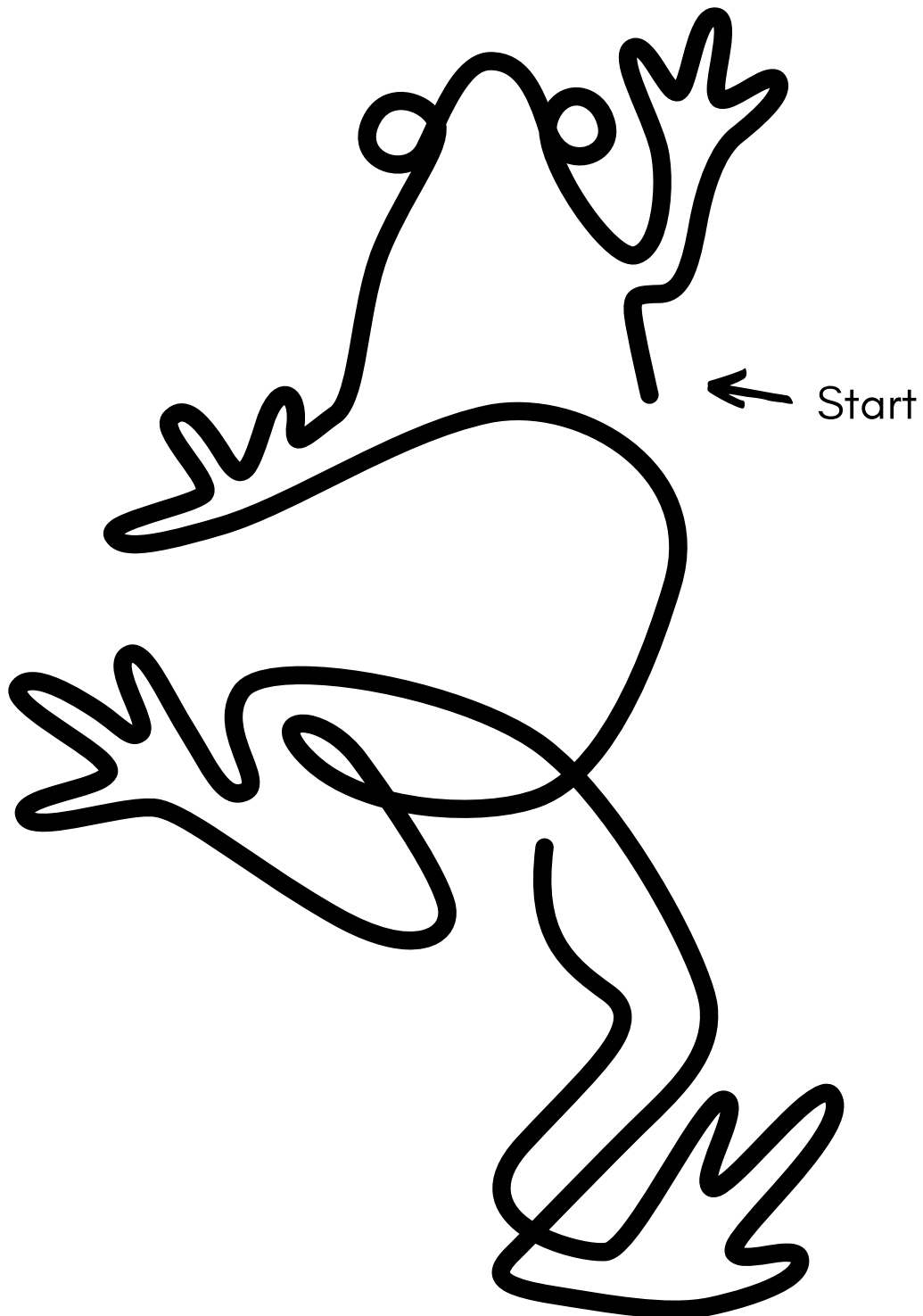
# CALMING CARD

Place your finger on Start and trace the line while breathing slowly in and out until you finish.



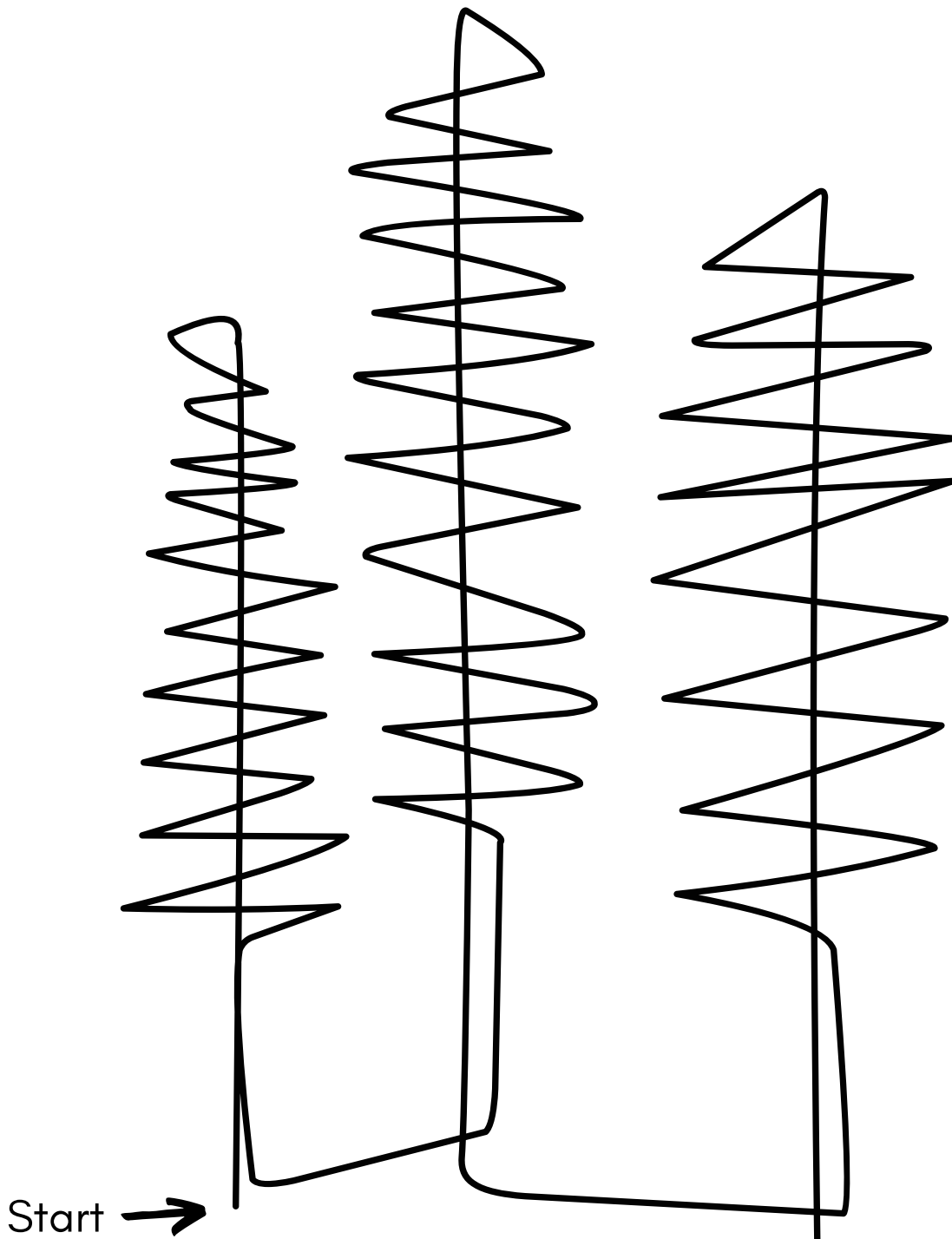
# CALMING CARD

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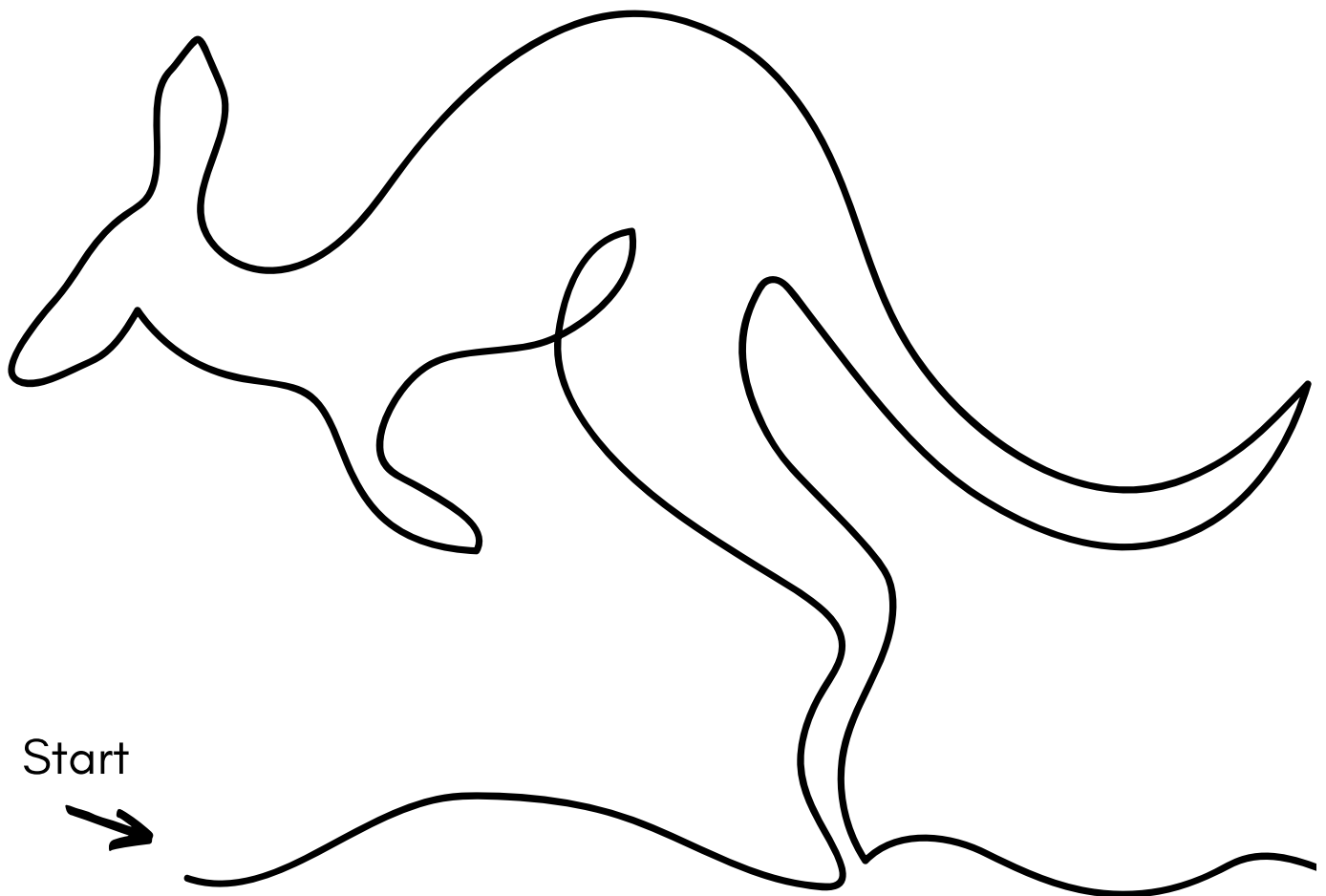
# CALMING CARD

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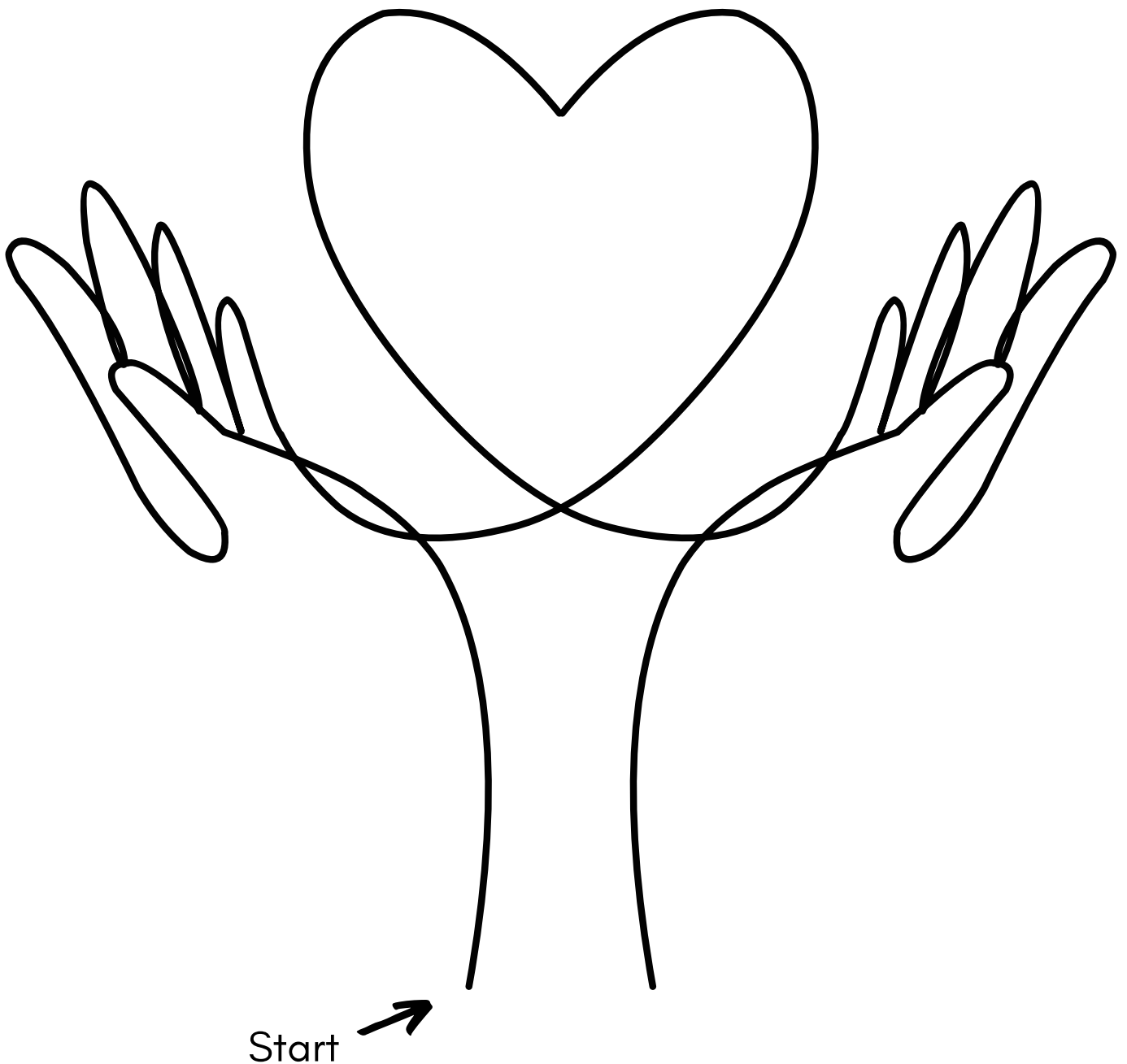
# CALMING CARD

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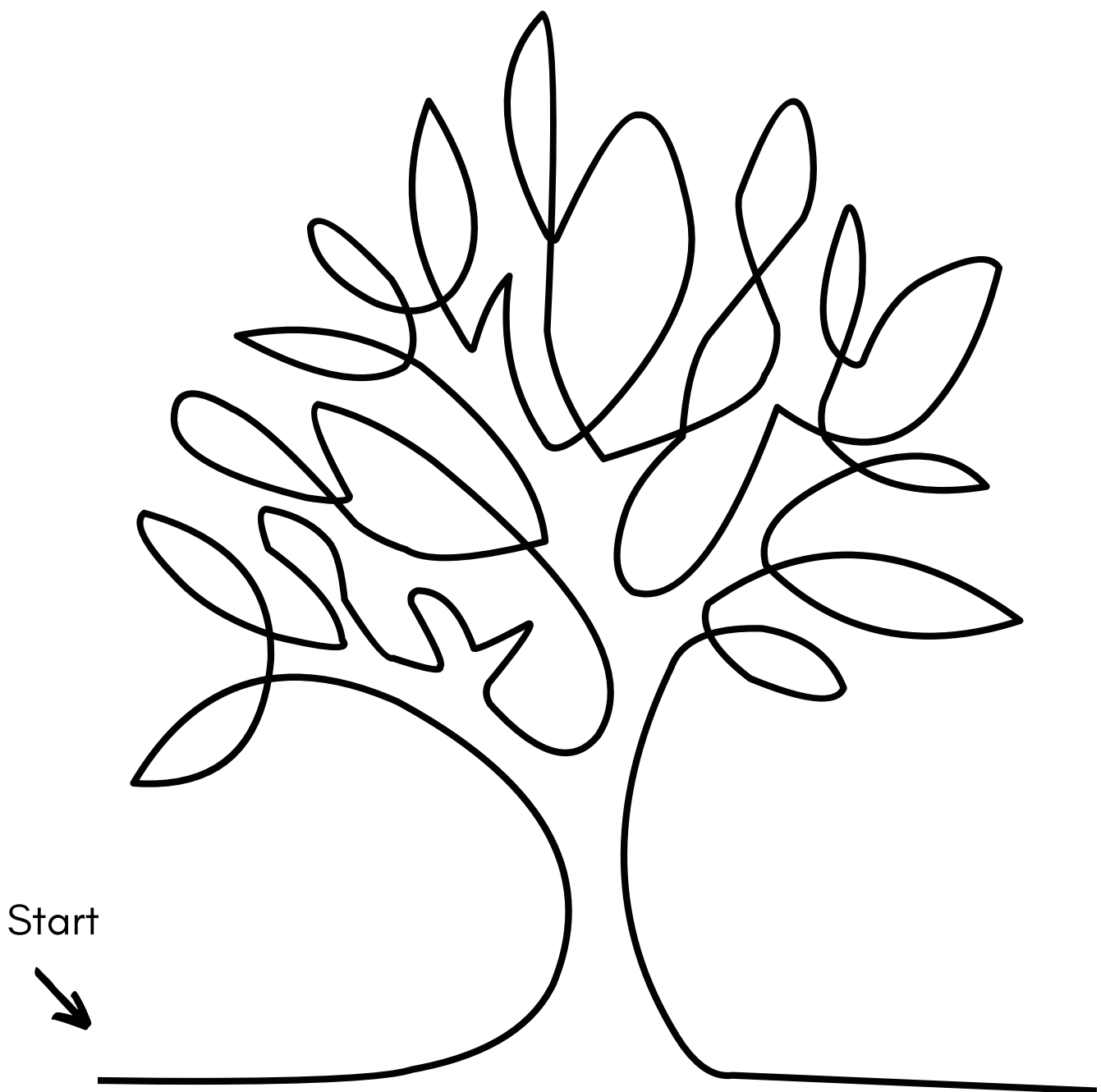
# CALMING CARD

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# CALMING CARD

Place your finger on Start and trace the line while breathing slowly in and out until you finish.



# See Our Websites for More **Free** Resources

**1** [www.socialworkerstoolbox.com](http://www.socialworkerstoolbox.com)

[www.SocialWorkersToolbox.com](http://www.SocialWorkersToolbox.com)

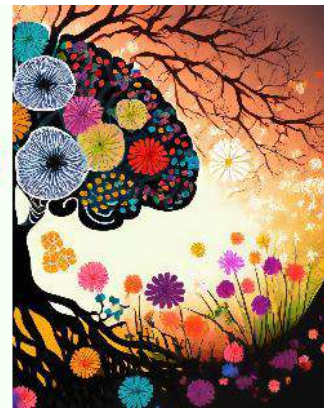
Free social work resources for direct work



**2** [www.anxietyhelpbox.com](http://www.anxietyhelpbox.com)



[www.AnxietyHelpBox.com](http://www.AnxietyHelpBox.com)  
Free Anxiety Tools & Resources



**3** [www.feelingshelpbox.com](http://www.feelingshelpbox.com)

[www.FeelingsHelpBox.com](http://www FeelingsHelpBox.com)

Free Emotions & Feelings Resources



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