

Little Puddins



**WHEN I FEEL
ANXIOUS OR
WORRIED;
I CAN:**



**GO
FOR A
WALK**



**COUNT
TO 10**



**BOUNCE
ON MY
BALL**



**USE MY
STRESS
BALL**

WWW.LITTLEPUDDINS.IE



**TAKE
DEEP
BREATHS**



**CAN
MEDITATE**

Little Puddins



FREE PRINTABLE ANXIETY/WORRY CALM DOWN CARDS

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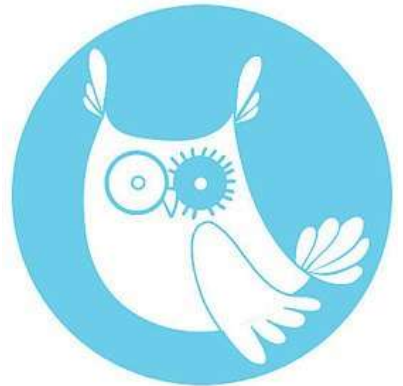
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