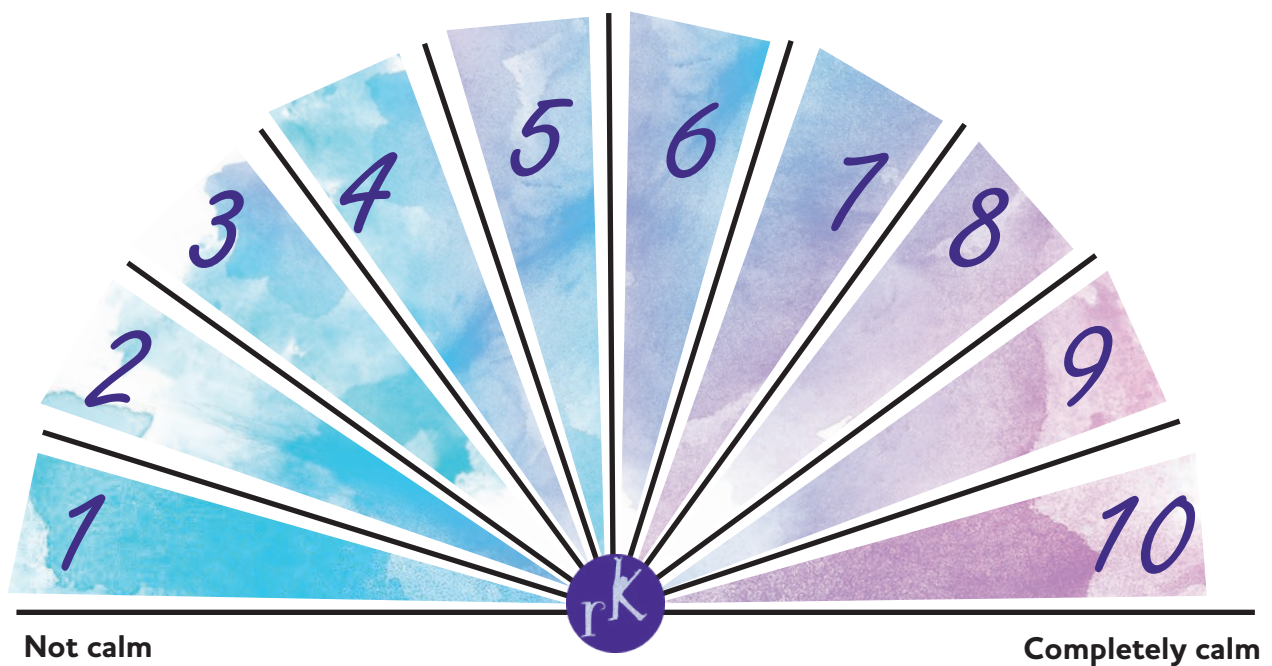


## *Calmometer*

**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](http://www.relaxkids.com)