



Exploring My Calmness.

<p>What helps me feel a little bit calm?</p> <p>eg: listening to music, watching a film</p>	
<p>What helps me feel a medium bit calm?</p> <p>eg: lying down & resting, reading</p>	
<p>What helps me feel a BIG bit calm?</p> <p>eg: falling asleep, taking big breaths</p>	