

The background is a solid blue color. In each of the four corners, there is a stylized sun icon. Each sun is composed of a semi-circle with radiating lines extending outwards, and a fan-like pattern of lines inside the semi-circle. The suns are drawn in a light yellow or gold color.

CALMING CARDS

ABDNOMIAL BREATHING

Place one hand on your chest and the other on your belly. Take a deep breath in through your nose (For 5), allowing diaphragm (not your chest) to inflate with enough air to create a slight stretching sensation in your lungs. Slowly exhale (For 7).