

# CALMING STRATEGIES



*I can do this...*

**SIMRAN**

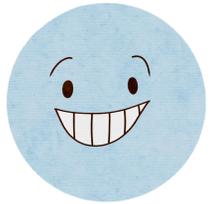
*To help me feel this...*

SEHAJ  
PEACE



**GATKA/  
SOMETHING  
ACTIVE**

BIR RAS  
EMPOWERED



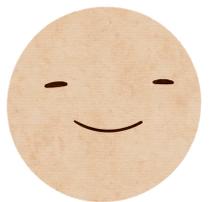
**JODIYA  
DI SEVA**

PYAAR  
FORGIVENESS



**READ**

GYAAN  
UNDER-  
STANDING



**KIRTAN**

NIHAAL  
HAPPY



**HUG A TOY**

SHANTI  
RELAXED

