

MIGHTIER™

My Calming Skills

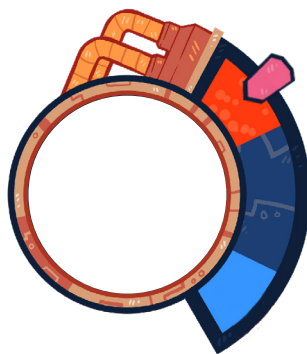
Mightier teaches **deep breathing**, **crossing the midline**, **progressive muscle relaxation**, and **mindful tracing**, but there are many more skills you can use to bring your heart rate down!

Use the empty Gizmos below to draw your own cool down skills. Share the name of the skills and how to do the skills underneath. You can even cut them out and use them when you need them in the Mightier games, at home, at school, or with friends!



Skill Name: _____

How to do the skill:



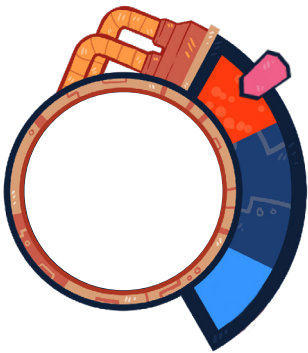
Skill Name: _____

How to do the skill:



Skill Name: _____

How to do the skill:



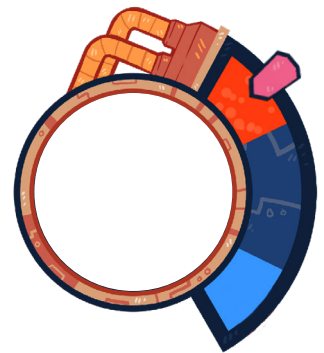
Skill Name: _____

How to do the skill:



Skill Name: _____

How to do the skill:



Skill Name: _____

How to do the skill:
