

Are the waves of the sea and the noisy winds rocking your boat?

When you feel **overwhelmed,**  
**big feelings,**

**upset,**  
or other  
remember:

**Pause**  
**and drop**  
**anchor**

**breathe**  
**into your**  
**body**

When you notice your breathing and drop anchor into your body, you can settle your boat even if the storm is still raging around you.

Pause  
Breathe  
Smile



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