

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**

