

Cc for calm



The Wellbeing Alphabet™

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Activity

1. What can you remember from the 'Bb for beautiful' activity?

2. Watch 'Cc for calm' on **The Wellbeing Alphabet™** film.
What does calm mean to you?

Calm is when you are resting and peaceful.

3. What helps you to feel calm?

4. Find somewhere calm to sit like on a soft blanket in a quiet room. Draw or write about something that helps you to feel calm, for example reading or breathing in and out. Practice your calm activity too.