



# Calm

Feeling calm is when we feel relaxed.  
When we feel calm, we feel peaceful.

## Times we might feel calm:

- When we are falling asleep at night
- When we are doing something relaxing like coloring
- When we are with the people we love like our friends and family

## When we feel calm, our body might feel like:

- Our muscles are relaxed
- We are able to listen and focus
- Our heartbeat feels steady

## Understanding Calm / Questions for learning:

What are some times a person might feel calm?

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When you feel calm, what does your body feel like?

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Write about a time that you felt calm. What was it like?

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Depression and Bipolar  
Support Alliance

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**I'm Calm.**