

CALMING WORDS

COLOURING BOOK AND POSTER

PROJECT WITH



peace

hugs

caring

caring kids
and
schools

You are
superstars.

We are
superstars.

helping
each other

laughing
together

standing

tall

holding
your head
up

including
everyone

calm

Listen for
feelings.

Listen for
needs.

thank

ask

Ask for
what you
need.

Ask about
feelings.

Ask about
needs.

Ask for
help.

smile

Breathe,
walk or
talk.

Breathe
deeply.

We are all
friends.

friendship

learning
together

respect

Super
Peace
Monkeys