



Calm-Down Toolkit

Nature-based ways to feel steadier — indoors, right where you are.

When big feelings show up and you can't get outside, you can still bring a little of the pasture in. Pick one — there's no wrong choice.



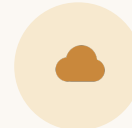
Grazing Breath

Breathe in slow, then out even slower — like a horse grazing in a quiet field.



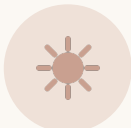
Grow Your Roots

Press your feet down and picture roots growing into the earth. You are steady.



Sky Window

Look out a window for one minute. Watch the clouds, the light, or the birds drift by.



Sunbeam Rest

Find a warm patch of sunlight. Sit in it and feel the warmth settle on your skin.



Tend a Plant

Water a plant, touch its leaves, and notice it quietly growing alongside you.



Worry Stone

Hold a smooth stone. Rub your thumb slowly across it as you breathe out.



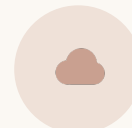
Still as a Mountain

Stand tall and steady. Breathe slow and let everything around you go quiet.



Nature Sounds

Play rain, ocean, or birdsong. Close your eyes and do nothing but listen.



Cloud Breath

Breathe in, then blow out long and soft — like blowing the seeds off a dandelion.



Butterfly Hug

Cross your arms and tap your shoulders slowly, like soft, slow butterfly wings.



Smell of Nature

Smell something natural — an orange peel, lavender, pine, or fresh herbs.



Build a Den

Make a cozy blanket nest and rest in it, like an animal that feels safe and warm.

Whatever you choose, go gently. One small calm thing is enough.