

I am a Countdown Calm Down Hero



I can wiggle my 10 fingers, one by one.  
Until each one is stretched and done.



I can cover my eyes and count to 9.  
Listen to this deep breathing of mine.



I can give myself a hug and count to 8.  
Keeping my body calm feels great.



Seven times I reach up high  
and bring my hands down with a sigh.



I cover up my ears 6 times  
and continue to read these little rhymes.



At five, I am halfway there.  
It's time to blow out lots of air.

5



I take deep breaths and count to 4.  
If I need to, I can always do more.

4



With my finger, I trace a 3.  
Just look how calm my body can be.

3



With two hands, I touch the floor.  
I then stand up and give a roar.

2



I push my hands together, palm to palm.  
Look at me, I'm one step from calm.

1



Here I am at number zero.  
It's true.... I am a calm down hero!

0

