

Name: _____

Circle the synonyms for *calm*

tranquil furious

hungry serene

harmonious mad peaceful

restful aggravated

composed content

untroubled

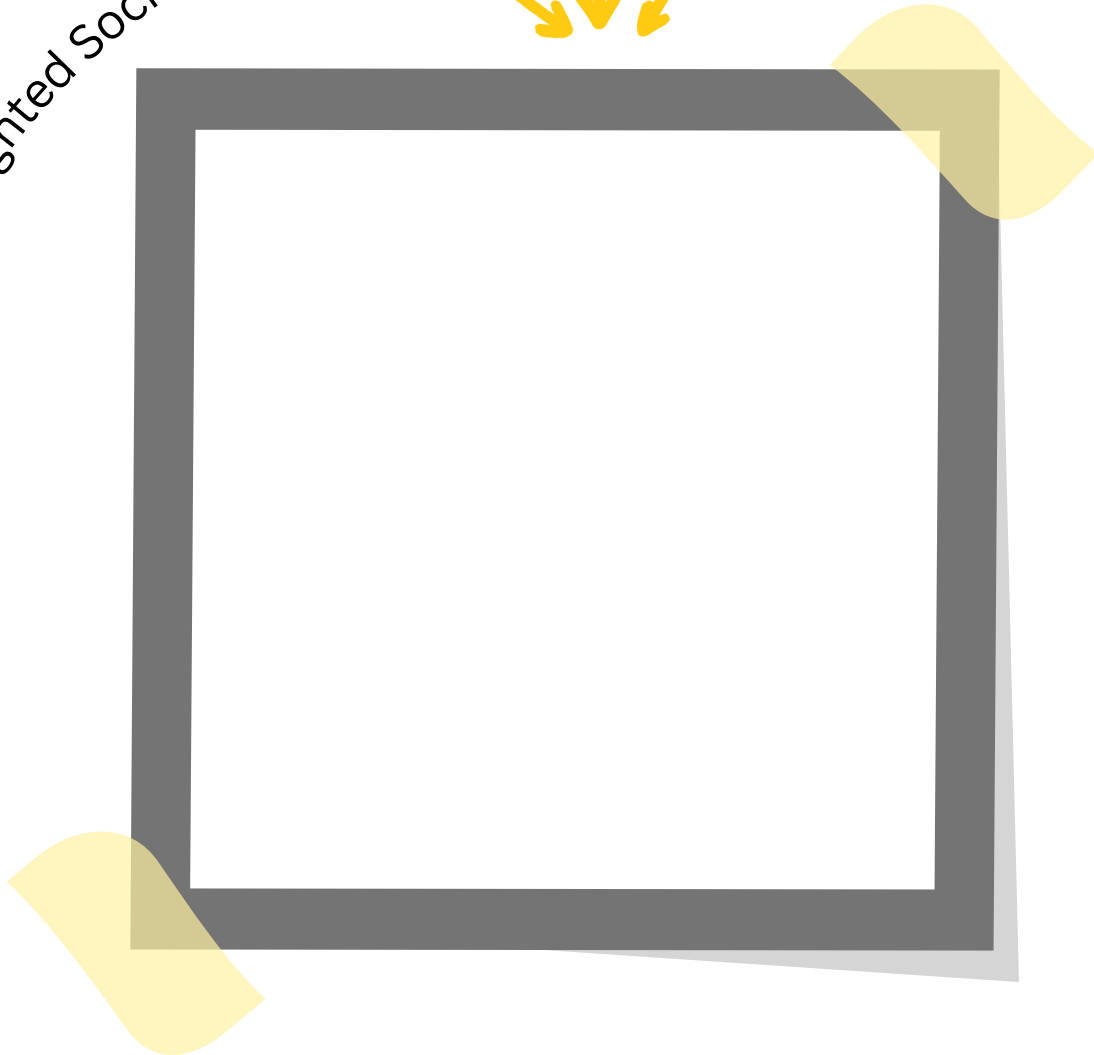
I feel calm when:

Ways I can calm myself down:



Weighted Sock Buddies can be held, rested in someone's lap or placed on the shoulders, cuddled or smelled. They are great to help with **focus, calming, and grounding.**

I want my Weighted Sock Buddy to look like this



Materials needed:

