



Calm Place

Where do you feel the most relaxed?

Imagine you are there.

What do you see?

What do you hear?

Are there any smells, tastes, or textures?

Keep In Mind

- You can use your **Calm Place** to feel more at peace during stressful moments.
- Spend time developing details of your **Calm Place** to make it feel more realistic.
- Use your imagination and walk around your **Calm Place** – notice every detail.



School
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We work together with Ontario school districts
to support student mental health
www.smho-smso.ca