



How did your body feel when you used your Calm Box

How did the Calm Box activity make you feel?

Focus on emotions rather than thoughts.

How did your body react to those emotions?

Try to pinpoint where in the body you feel the emotion e.g. heart; gut; hands.

Use colour to show where you've experienced emotions in your body whilst exploring your Calm Box.

Use images e.g. butterflies, locks, pins

Add notes and doodles, as you wish.