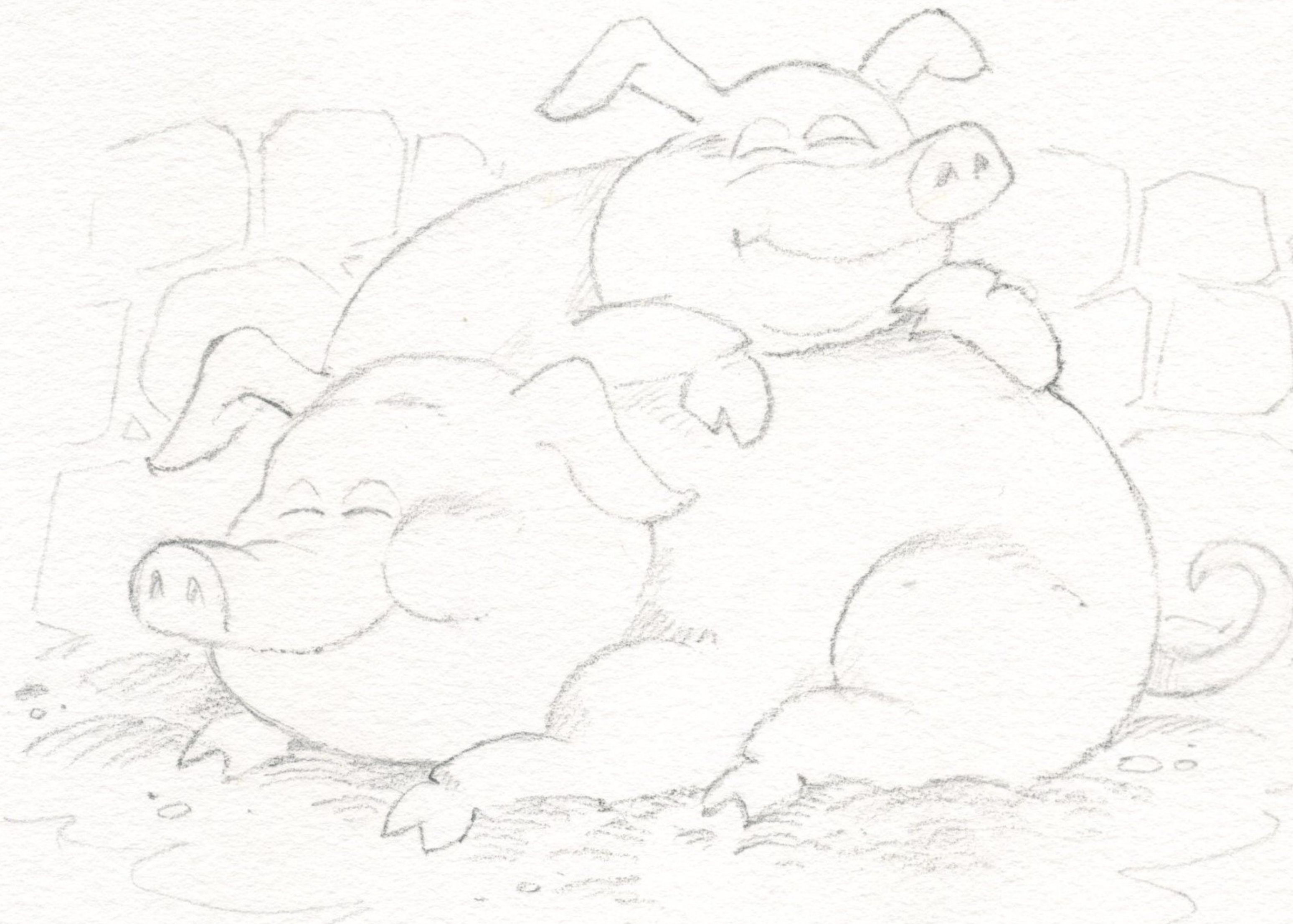


# PEACEFUL PIGS



## What makes you feel peaceful?

Circle or color all that apply.

Coloring

Reading

Playing

Yoga

Giving a hug

Music

Running

Helping

Counting to ten

Taking deep breathes

Sharing my feelings

Add your own: \_\_\_\_\_