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Introduction

PROJECT CALM

Feeling stressed, tense, or frustrated?

We can help.

WHAT IS PROJECT CALM?

Project Calm **teaches you calming skills** that will help you **feel better** when you feel **stressed, tense, or angry**.

HOW PROJECT CALM WORKS

Step #1: Understand the Problem.

You tell us which feelings and experiences calming skills can help you with.

Step #2: Hear From Experts and Other Kids.

You hear about people who were helped by these calming skills.

Step #3: Learn the Skills.

You learn and practice using calming skills.

Step #4: Make the Skills Part of Your Life.

We help you plan how to use these skills every day.

Step #1: Understand the Problem.

Everyone deals with problems.

Which of these problems sounds like something you have dealt with, or might deal with in the future?

If you deal with more than one, or you're not sure which to pick, that's okay! Just choose one that we can work on together today.

- "I feel stressed, nervous, and/or worried a lot."
- "I often feel tense, unhappy, and/or bored."
- "I feel angry, argue, and get in trouble more than I would like to."

Anxiety

Step #1: Understand the Problem

You're not alone.

Over 30% of young people say that they feel too much stress.

Why is it so hard?

It can make life difficult by affecting schoolwork, sports, relationships with friends and family, and more.

We'll start off by trying out a simple calming skill.

First, we'd like to know how you're feeling **right now**.

Rate how you feel from 1 (Very calm) to 10 (Very stressed).

😊 2 3 4 5 6 7 8 9 10 😞

Stress level

Thanks for telling us how you're feeling! We'll now teach you the first of four calming skills we'll be learning together today.



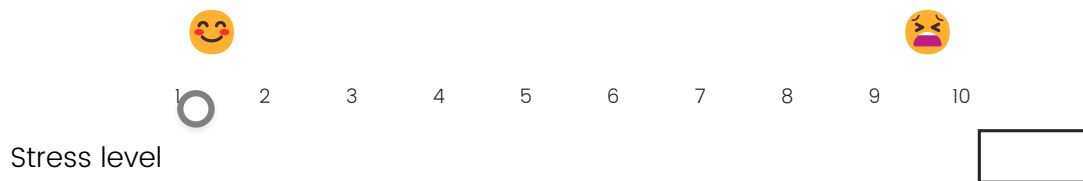
How to take **Slow, deep breaths**:

1. Place a hand on your belly and close your eyes if you feel comfortable.
2. Gently breathe in through your nose for five counts. It should be a big breath, like you're going to blow out the candles on a birthday cake. Make sure you breathe into your belly, not your chest and shoulders. You should feel your hand move as your stomach grows bigger.
3. Now, slowly breathe out for six counts. Imagine you're slowly blowing out one candle at a time.

Take four **Slow, deep breaths. Follow along with the video!**



Now that you've tried **Slow, deep breaths**, how do you feel? **Rate your level of stress right now, from 1 (Very calm) to 10 (Very stressed).**



If your stress level went down...

That's great to hear! **Slow, deep breaths** may be a great calming skill to use when you feel stressed.

If your stress level didn't go down...

Keep practicing. Calming skills don't always work the first time you try them. **The more we practice, the more they help us.** Also, different people like different calming skills. Stay tuned to learn **three more calming skills** that you might like better.

Why do **Slow, deep breaths** work?

They help to...

- + Slow down your heartbeat
- + Relax your muscles
- + Slow down your breathing

To understand how **causing changes in your body can help you feel calm**, let's learn what happens to your body when you feel stressed.

Step #1: Understand the Problem

People usually feel stress in their bodies.



Common feelings of stress:

Tense muscles ~ Chest pain ~ Tingling ~ Sweating ~ Fast heartbeat ~ Fast breathing

What happens in your body when you feel stressed?

Even if you can't change an upsetting moment, you can use calming skills to help your body feel less stressed.

Step #2: Hear From Experts and Other Kids

It might be hard to believe that things like taking slow, deep breaths can help you feel less stressed. However, many scientists have studied calming skills like the ones we are teaching you today. Scientists have found that they really do help you feel less stressed!

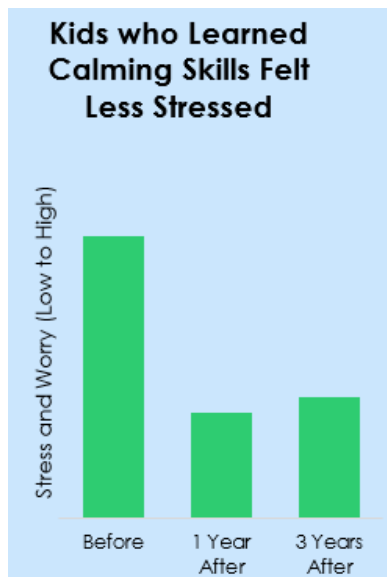
First: Learn about a study at a university in the USA. In this study, scientists taught young people calming skills like slow deep breaths and relaxing their muscles.

+ The young people in this study **worked hard to practice the calming skills a lot.**

+ Of course, the young people **they still felt stressed sometimes.** Everyone does!

+ After a few weeks of practicing the calming skills, **these young people felt calmer and less worried.**

+ They **still** used calming skills and felt less stressed and worried **three years later.**



Next: Hear from an older student, R.K., who was helped by these calming skills.

R.K.'s Story

0:00 / 0:38

"At the beginning of the school year, I started feeling very nervous. I worried a lot about my classes and about making friends. I got very tired of feeling like this. So, after a while, I decided to work very hard to learn ways to feel better.

After months of learning and practicing calming skills, I learned some things that really helped me. I learned to take a big, slow, deep breath before doing something that I was afraid of like a presentation. I also learned to tighten and relax my muscles for 10 minutes every night before I sleep.

Today, I am much less nervous. I'm very proud that I have a solid group of friends and pretty good grades. Of course, I

sometimes still feel afraid like everyone else. But I know how to handle these feelings much better."

Name, voice, and details have been changed to protect privacy.

Step #3: Learn Calming Skills.

As you just read, the calming skills we're learning today can help young people feel less stressed.

We already learned the first skill (**Slow, deep breaths**), so let's go ahead and learn the rest!



A reminder:

- + Different people like different calming skills.
- + Find which ones work the best for you!



How to **Picture a peaceful place**:

1. Close your eyes if you want to.

However, you can also do this with your eyes open.

2. Think of a place where you feel totally safe and peaceful.

It can be a place you've been to, or a place you can picture in your mind.

3. Make a picture in your mind of this place.

Focus on things you can see, hear, smell, feel, and taste.

Before you try it yourself, go to the next page to see an example of this activity.



Example

Strategy B: Picturing a Peaceful Place

Which place did you choose?

The beach

What do you see?

What do you hear?

Crashing waves, seagulls

What do you feel?

Rough sand on my feet

What do you smell?

Ocean breeze

What do you taste?

Cherry ice, tuna sandwich



Your Turn!

Answer the questions below as you pretend you're really there. You may not have an answer for all five questions—that's okay! Just answer as many as you'd like.

Which peaceful place did you choose?

What do you see?



What do you hear?



What do you feel?



What do you smell?



What do you taste?



You can also calm down by using deep breathing while you tighten and relax your muscles.

The first time you do it, it can help to have an expert show you. You'll try it on the next page!



How to **Relax your muscles**:

1. Click to hear our expert describe how to relax your muscles.
2. Listen to and follow the whole audio!
3. See how you feel after all eight minutes.
4. Download the audio by clicking on [this link](#) or on the three dots below. You can use the audio to practice relaxing your muscles.



When to use **Quick calming**:

Times when you suddenly feel nervous, and you'd like to calm down quickly. You might be sitting in class waiting to give a presentation, or going to an important sports game.



How to use **Quick calming**:

1. Breathe in through your nose. Hold your breath for a few seconds.
2. Picture your calming place, and keep that picture in your mind while you hold your breath.
3. Relax one part of your body that feels tense. For example, if you see that you have a tightly squeezed fist, let go of it.
4. Breathe out as slowly as you can, thinking of your calming place and relaxing the tense part of your body.

Before you try it, go to the next page to see an example.



Example

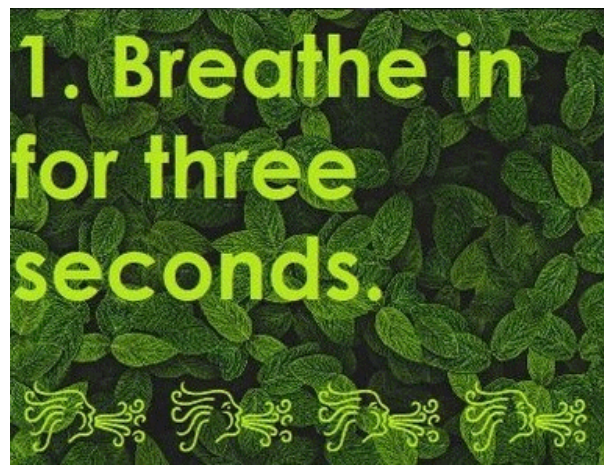
Here is how another student uses **Quick calming**.

0:00 / 0:21



Your Turn!

Practice **Quick calming** by using the instructions from the video below.



Step #4: Make the Calming Skills Part of Your Life

These skills won't make our worries disappear. Everyone worries sometimes. But if we use calming skills a lot, and maybe even every day, we can feel less stressed, nervous, and worried.

In order to understand how you can make calming skills part of your life...

First: Teach a younger student how to use a skill.

Then: Make a plan for how you will practice a skill in your own life.

Hi! Right now I'm struggling, because I always worry about everything I have to do for school when I'm trying to fall asleep at night. I don't get a good night's sleep, and I wake up the next morning still feeling very worried. What should I do?

What is one calming skill you would tell the younger student to use? (Just choose one for now.)

- Slow, deep breaths**
- Picturing a peaceful place**

- Relaxing your muscles**
- Quick calming**

What is one place and time when the younger student could use this calming skill?

Example: In class before a test.

Why do you think this calming skill would help them?

How might they feel after trying this calming skill?

What's one calming skill that you would like to practice a lot, maybe even every day?

It could be your favorite calming skill that you learned today, or one that you would like to work on.

Also, you can practice more than one! Let's just make a plan for this one together.

- Slow, deep breaths**
- Picturing a peaceful place**
- Relaxing your muscles**
- Quick calming**

When and where will you practice using this calming skill?

- In bed after I wake up
- In my room after I brush my teeth
- At my desk before I start my homework
- Other

How do you think you will feel if you practice this calming skill a lot?

Save or screenshot this picture for when you want to practice the calming skills you learned today!





Save or screenshot your "Picturing a peaceful place" answers for when you want to practice this skill.

Your answers:

Which place did you choose?

`{q://QID1214524329/ChoiceTextEntryValue/1}`

What do you see? 👁

`{q://QID1214524329/ChoiceTextEntryValue/2}`

What do you hear? 🗣

`{q://QID1214524329/ChoiceTextEntryValue/4}`

What do you feel? 🤝

`{q://QID1214524329/ChoiceTextEntryValue/5}`

What do you smell? 👃

`{q://QID1214524329/ChoiceTextEntryValue/6}`

What do you taste? 🍷

`{q://QID1214524329/ChoiceTextEntryValue/7}`

Save or screenshot your plan to practice a skill!

What's one calming skill that you would like to practice often, maybe even every day?

{q://QID1214524339/ChoiceGroup/SelectedChoices}

When and where will you practice this skill?

{q://QID1214524340/ChoiceGroup/SelectedChoicesTextEntry}

How do you think you will feel if you practice this calming skill often?

{q://QID1214524341/ChoiceTextEntryValue}

Depression

Step #1: Understand the Problem

You're not alone.

30% of young people say that they feel sad or down because of stress.

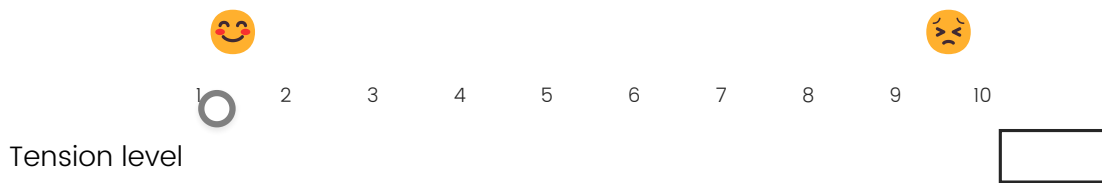
Why is it so hard?

It can make life hard by affecting schoolwork, sports, relationships with friends and family, and more.

Let's start off by trying out a simple calming skill.

First, we'd like to know how you're feeling **right now**.

Rate how you feel from 1 (Very calm) to 10 (Very tense).



Thank you for sharing your feelings. We'll now teach you the first of four skills we'll be learning together today.



How to take **Slow, deep breaths**:

- 1.** Place a hand on your belly and close your eyes if you feel comfortable.
- 2.** Gently breathe in through your nose for five counts. It should be a big breath, like you're going to blow out the candles on a birthday cake. Make sure you breathe into your belly, not your chest and shoulders. You should feel your hand move as your stomach grows bigger.
- 3.** Now, slowly breathe out for six counts. Imagine you're slowly blowing out one candle at a time.

Take four **Slow, deep breaths. Follow along with the video!**



Now that you've tried **Slow, deep breaths**, how do you feel?

Rate how tense you feel right now, from 1 (Very calm) to 10 (Very tense.)

1 2 3 4 5 6 7 8 9 10

😊 😞

Tension level

If your tension level went down...

That's great to hear! **Slow, deep breaths** may be a great calming skill to use when you feel tense.

If your tension level stayed the same or got higher...

We suggest that you keep practicing. Calming skills don't always work the first time you try them. **The more we practice, the more they help us.**

Also, different people like different calming skills. Stay tuned to learn **three more skills** that you might like better!

Why do **Slow, deep breaths** work?

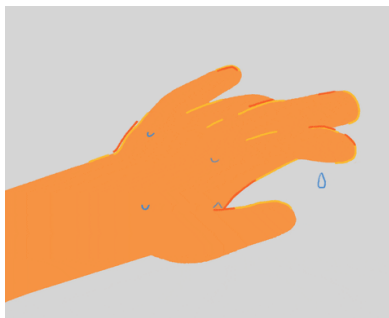
They help to...

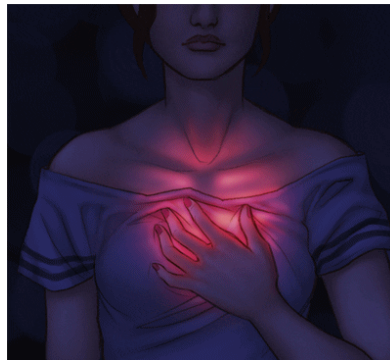
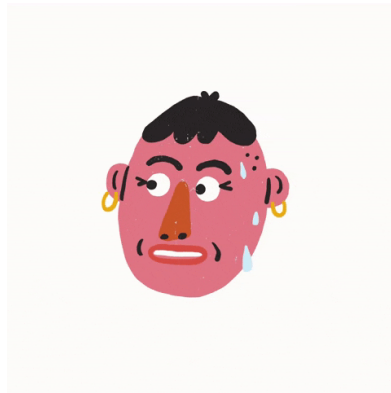
- + Slow down your heartbeat
- + Relax your muscles
- + Slow down your breathing rate

To understand how **causing changes in your body can help you feel calm**, let's learn what happens to your body when you feel tense.

Step #1: Understand the Problem

People usually feel stress in their bodies.





Common feelings of stress:

Tense muscles ~ Chest pain ~ Tingling ~ Sweating ~ Fast heartbeat ~ Fast breathing

What happens in your body when you feel stressed?

Even if you can't change an upsetting moment, you can use calming skills to help your body feel less tense.

Step #2: Hear From Experts and Other Kids

It might be hard to believe that things like taking slow, deep breaths can help you feel less tense and unhappy. However, many studies about calming skills like the ones we are teaching you today have found that they really do help people feel better.

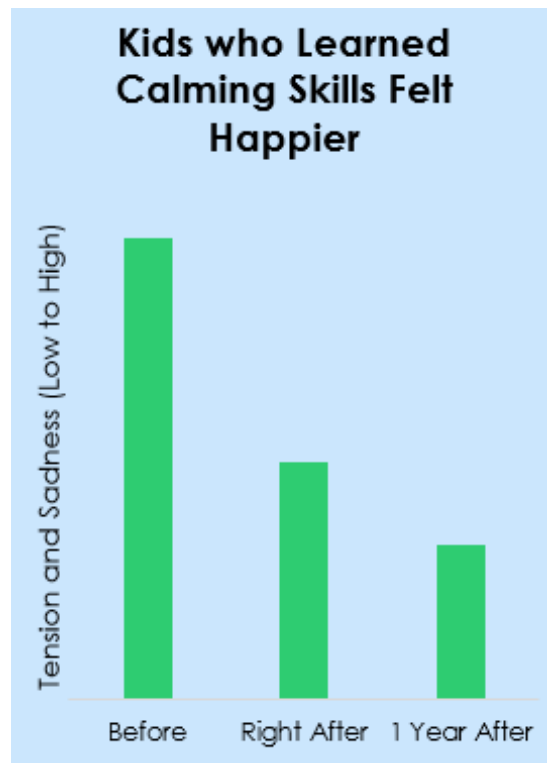
First: You'll learn about a study in which young people learned calming skills like slow deep breaths and relaxing their muscles.

+ The young people in this study **worked hard to practice the calming skills.**

+ It wasn't always easy, and they still felt tense and sad *sometimes*. Everyone does!

+ After a few weeks of practicing the calming skills, **these young people felt less tense and sad.**

+ They **still** used calming skills and felt less tension and sadness **one year later.**



Then: We'll tell you about an older student who was helped by these skills.

C.P.'s Story

"A few years ago, I felt tense and bored a lot, and I didn't like myself very much. I also had trouble falling asleep at night, which made me feel even worse.

I tried to make a change by doing things to help myself relax. It was hard at first! But after lots of practice, I learned to notice when I was feeling tense, and then to picture my calming place (a cabin in the woods) while breathing in and out slowly from my belly. I also started picturing my calm place, breathing, and relaxing my muscles before I went to bed.

These strategies really helped me. Of course, I sometimes still feel down like everyone else, but I know how to stop those feelings from sending me down into the same bad spirals. Today, I am much less tense and much happier. Most nights, I even fall asleep pretty quickly."

Name and details have been changed to protect privacy.

Step #3: Learn Skills

As you just read, the calming skills we're learning today can help young people feel less tense.

We already learned the first skill (**Slow, deep breaths**), so now let's learn the rest!



A reminder:

- + Different people like different calming skills.
- + Find which ones work the best for you!



How to **Picture a peaceful place**:

1. Close your eyes if you want to.

However, you can also do this with your eyes open.

2. Think of a place where you feel totally calm and peaceful.

It can be a place you've been to, or a place you can picture in your mind.

3. Make a picture in your mind of this place.

Focus on how the place looks, sounds, smells, feels, or tastes.

Before you try it yourself, go to the next page to see an example of this activity.



Example

Strategy B: Picturing a Peaceful Place

Which place did you choose?

The beach

What do you see?

What do you hear?

Crashing waves, seagulls

What do you feel?

Rough sand on my feet

What do you smell?

Ocean breeze

What do you taste?

Cherry ice, tuna sandwich



Your turn!

Answer the questions below as you pretend you're really there. You may not have an answer for all five questions—that's okay! Just answer as many as you'd like.

Which place did you choose?

What do you see?



What do you hear?



What do you feel?



What do you smell?



What do you taste?



You can also calm down by using deep breathing while tensing and relaxing your muscles.

The first time you do it, it can help to have an expert show you. You'll try this on the next page.



How to **Relax your muscles:**

1. Click on the recording of our expert describing how to relax your muscles.
2. Try what the expert tells you to do.
3. See how you feel after all eight minutes.
4. You can use the audio on [this link](#) or on the three dots on the media player below to practice relaxing your muscles.

0:00 / 8:37

[Project calm deep relaxation audio transcript](#)



When to use **Quick calming:**

Times when you suddenly feel really unhappy, and you'd like to feel better quickly. You might be sitting in class, about to take a test, when you start feeling very bad. Thankfully, Quick Calming can help in times like these.



How to use **Quick calming**:

1. Breathe in through your nose. Hold your breath for a few seconds.
2. Picture your calming place, and keep that image in your mind while you hold your breath.
3. Relax one part of your body that feels tense. For example, if you see that you are squeezing your fist, release it.
4. Breathe out as slowly as you can, picturing your calming place and relaxing the tense part of your body.

Before you try it, go to the next page to see an example.



Example

Check out how T.D. uses **Quick calming**.

0:00 / 0:21

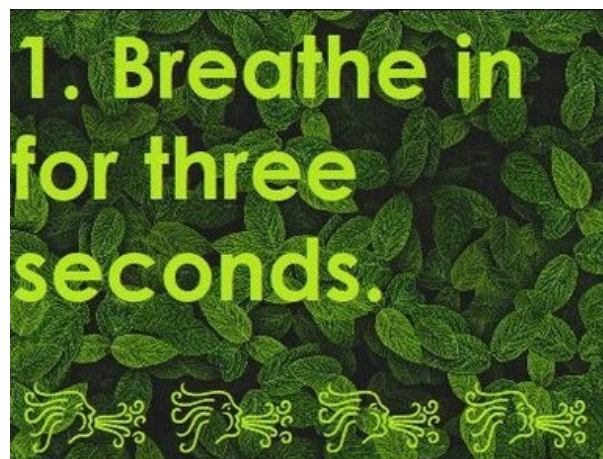


[Project calm T.D. quick calming transcript](#)



Your Turn!

Practice **Quick calming** by using the instructions from the animation below.



Step #4: Make the Calming Skills Part of Your Life

These calming skills won't make our sad feelings go away. Everyone feels tense sometimes. But if we use calming skills a lot, and maybe even every day, we can feel less tense, unhappy, and bored.

First: Tell a younger student how to feel less tense.

Then: Make a plan for how you will practice a calming skill in your own life.

***S.B.'s Problem:** Hi! Right now I'm really struggling, because I always feel very tense when I am trying to go to sleep because I can't stop thinking about things. I don't get a good night's sleep, and I wake up the next morning feeling even worse. What should I do?*

What is one calming skill you would recommend that S.B. tries? (S.B. might find a few strategies helpful, but let's focus on one for now.)

- Slow, deep breaths**
- Picturing a peaceful place**
- Relaxing your muscles**
- Quick calming**

What is one place and time when S.B. could use this calming skill?

Example: In bed before going to sleep.

Why do you think this calming skill would help S.B.?

How might S.B. feel after trying this skill?

What's one calming skill that you would like to practice a lot, maybe even every day?

It could be your favorite calming skill that you learned today, or one that you would like to work on.

Also, you can practice more than one! Let's just make a plan for this one together.

- Slow, deep breaths**
- Picturing a peaceful place**
- Relaxing your muscles**
- Quick calming**

When and where will you practice this calming skill?

- In bed after I wake up
- In my room after I brush my teeth
- At my desk before I start my homework
- Other

How do you think you will feel if you practice this calming skill often?

Save or screenshot this picture for when you want to practice the calming skills you learned today!





Save or screenshot your answers for "Picturing a peaceful place" for when you want to practice this skill.

Your answers:

Which place did you choose?

`{q://QID157/ChoiceTextEntryValue/1}`

What do you see? 👁

`{q://QID157/ChoiceTextEntryValue/2}`

What do you hear? 🗣

`{q://QID157/ChoiceTextEntryValue/9}`

What do you feel? 🖐

`{q://QID157/ChoiceTextEntryValue/10}`

What do you smell? 👃

`{q://QID157/ChoiceTextEntryValue/11}`

What do you taste? 🍷

`{q://QID157/ChoiceTextEntryValue/12}`

Save or screenshot your plan to practice a skill!

What's one calming skill that you would like to practice often, maybe even every day?

\$_ {q://QID195/ChoiceGroup/SelectedChoices}

When and where will you practice this calming skill?

\$_ {q://QID196/ChoiceGroup/SelectedChoicesTextEntry}

How do you think you will feel if you practice this calming skill often?

\$_ {q://QID197/ChoiceTextEntryValue}

Misbehavior

Step #1: Understand the Problem

You're not alone.

40% of young people say that they feel grumpy or angry.

Why is it so hard?

When we feel angry and frustrated, we sometimes feel out of control and might argue, yell, or get into fights.

Let's start off by trying out a simple calming skill.

First, we'd like to know how you're feeling **right now**.

Rate how you feel from 1 (Very calm) to 10 (Very frustrated).



Thank you for sharing your feelings. We'll now teach you the first of four calming skills we'll be learning together today.



How to take **Slow, deep breaths**:



1. Place a hand on your belly and close your eyes if you feel comfortable.
2. Gently breathe in through your nose for five counts. It should be a big breath, like you're going to blow out the candles on a birthday cake. Make sure you breathe into your belly, not your chest and shoulders. You should feel your hand move as your stomach grows bigger.
3. Now, slowly breathe out for six counts. Imagine you're slowly blowing out one candle at a time.

Take four **Slow, deep breaths. Follow along with the video!**



Now that you've tried **Slow, deep breaths**, how do you feel?

Rate how tense you feel right now, from 1 (Very calm) to 10 (Very frustrated)

1  2 3 4 5 6 7 8 9 10 

Frustration level

If your anger level went down...

That's great to hear! **Slow, deep breaths** may be a great calming skill to use when you feel angry.

If your anger level stayed the same or got higher...

Just keep practicing. Calming skills don't always work the first time you try them. **The more we practice, the more they help us.**

Also, different people like different skills. Stay tuned to learn **three more calming skills** that you might like better!

Why do **Slow, deep breaths** work?

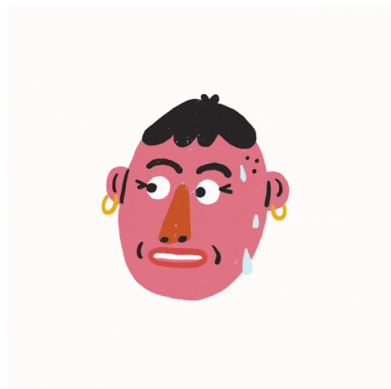
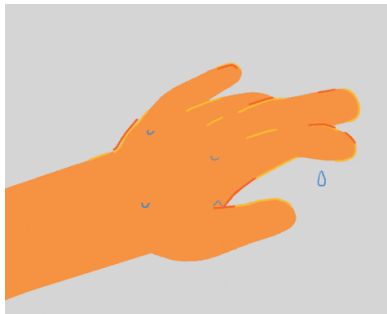
It helps to...

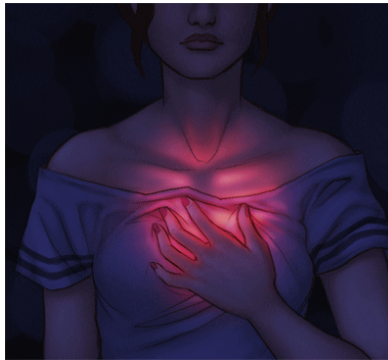
- + Slow down your heartbeat
- + Relax your muscles
- + Slow down your breathing rate

To understand how **causing changes in your body can help you feel calm**, let's learn what happens to your body when you feel angry.

Step #1: Understand the Problem

People usually feel stress in their bodies.





Common feelings of stress:

Tense muscles ~ Chest pain ~ Tingling ~ Sweating ~ Fast heartbeat ~ Fast breathing

What happens in your body when you feel stressed?

Even if you can't change an upsetting moment, you can use calming skills to help your body feel less angry.

When you help your body feel less angry, you can help make sure you feel better and don't feel out of control because of your anger.

Step #2: Hear From Experts and Other Kids

It might be hard to believe that things like taking slow, deep breaths can help you to stop feeling angry and getting into trouble. However, many studies about calming skills like the

ones we are teaching you today have found that they really do help people to stop feeling overwhelmed with anger or getting in trouble!

First: Learn about a study in which young people learned calming skills like slow deep breaths and relaxing their muscles.

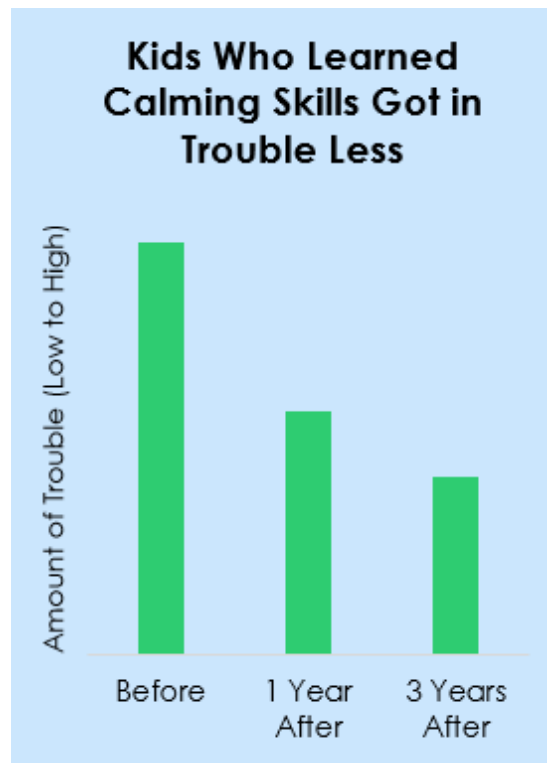
+ The young people in this study **worked hard** to **practice the calming skills often**.

+ It wasn't always easy, and **they still felt mad sometimes**.
Everyone does!

+ They especially liked to use these skills **when they started to feel angry**, so they had **time to think about how to solve their problems**.

+ After a few weeks of practicing the calming skills, **these young people felt better and didn't get in trouble as much**.

+ They **still** used calming skills and got into trouble less often **three years later**.



Next: Hear from an older student who is helped by these calming skills.

A.M.'s Story

"When I started high school, I felt angry and hopeless, like everything was working against me. Even the smallest things made me feel angry. Sometimes, I would get so angry that I would shout at people or get in fights. Then, I'd get into trouble, and I'd feel even worse.

One thing that helped me was noticing when I started to get frustrated and using slow, deep breaths to help myself calm down. Now, when I start to feel upset, I take a big, deep, belly breath, hold it for a second, then breathe it all out in a slow, big sigh. I also relax all my muscles before school every day.

These things have helped me feel less frustrated and hopeless, and even when I do start to feel that way, they help me to stay in control of what I do."

Name and details have been changed to protect privacy.

Step #3: Learn Calming Skills

As you just read, the calming skills we're learning today can help young people feel less angry.

We already learned the first skill (**Slow, deep breaths**), so now let's learn the rest.



A reminder:

- + Different people like different calming skills.
- + Find which ones work the best for you!



How to **Picture a peaceful place**:

1. Close your eyes if you want to.

However, you can also do this with your eyes open.

2. Think of a place where you feel totally calm and peaceful.

It can be a place you've been to, or a place you can picture in your mind.

3. Make a picture in your mind of this place.

Focus on things you can see, hear, smell, feel, and taste.

Before you try it yourself, go to the next page to see an example of this activity.



Example

Strategy B: Picturing a Peaceful Place

Which place did you choose?

The beach

What do you see?

What do you hear?

Crashing waves, seagulls

What do you feel?

Rough sand on my feet

What do you smell?

Ocean breeze

What do you taste?

Cherry ice, tuna sandwich



Your turn!

Answer the questions below as you pretend that you're really there. You may not have an answer for all five questions—that's ok! Just answer as many as you'd like.

Which place did you choose?

What do you see?



What do you hear?



What do you feel?



What do you smell?



What do you taste?



You can also calm down by using deep breathing while tensing and relaxing your muscles.

The first time you do it, it can help to have an expert show you. You'll try it on the next page.



How to **Relax your muscles**:

1. Click on the recording of our expert describing how to relax your muscles.
2. Try what the expert tells you to do.

3. See how you feel after all eight minutes.
4. You can use the audio on [this link](#) or on the three dots on the media player below to practice relaxing your muscles.

[Project calm deep relaxation audio transcript](#)

0:00 / 8:37



When to use **Quick calming**:

Times when you suddenly feel really angry, and you'd like to feel better quickly. You might be walking down the hallway, when another classmate teases you. Thankfully, Quick Calming can help at times like these.



How to use **Quick calming**:

1. Breathe in through your nose. Hold your breath for a few seconds.

2. Picture your calming place, and keep that image in your mind while you hold your breath.
3. Relax one part of your body that feels tense. For example, if you see that you have a tightly squeezed fist, release it.
4. Breathe out as slowly as you can, picturing your calming place and relaxing the tense part of your body.

Before you try it yourself, go to the next page to see an example.



Example

Check out how T.D. uses **Quick calming**.

0:00 / 0:21

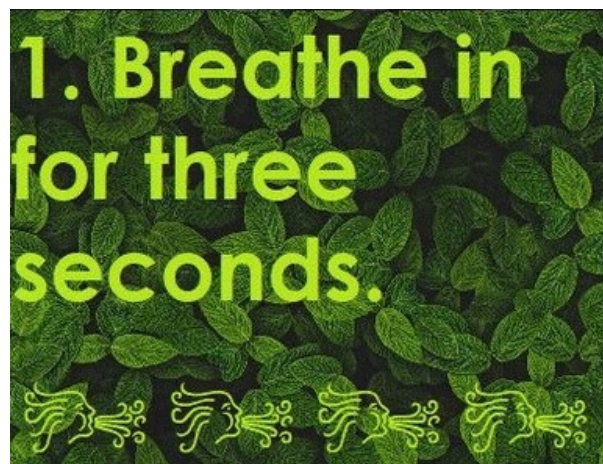


[Project calm T.D. quick calming transcript](#)



Your Turn!

Practice **Quick calming**, using the instructions from the animation below.



Step #4: Make the Calming Skills Part of Your Life

These skills won't make our mad feelings go away. Everyone feels angry sometimes. But if we use calming skills a lot, and maybe even every day, we can feel less angry, and argue and get in trouble less often.

First: Tell a younger student who wants your help with staying calmer.

Then: Make a plan for how you will practice a calming skill in your own life.

S.B.'s problem: *Hi! Right now I'm really struggling, because I always argue with my parents at dinner. I get in trouble for yelling all the time, which makes me feel even worse. What should I do?*

What is one calming skill you would recommend that S.B. try? (S.B. might find a few calming skills helpful, but let's focus on one for now.)

- Slow, deep breaths**
- Picturing a peaceful place**
- Relaxing your muscles**
- Quick calming**

What is one place and time when S.B. could use this calming skill?

Example: In class when the teacher asks a question.

Why do you think this calming skill would help S.B.?

How might S.B. feel after trying this calming skill?

What's one calming skill that you would like to practice a lot, maybe even every day?

It could be your favorite calming skill that you learned today, or one that you would like to work on.

Also, you can practice more than one! Let's just make a plan for this one together.

- Slow, deep breaths**
- Picturing a peaceful place**
- Relaxing your muscles**
- Quick calming**

When and where will you practice this calming skill?

- In bed after I wake up
- In my room after I brush my teeth
- At my desk before I start my homework
- Other

How do you think you will feel if you practice this calming skill a lot?

Save or screenshot this picture for when you want to practice the calming skills you learned today!



Save or screenshot your answers for "Picturing a peaceful place" for when you want to practice this skill.

Your answers:

Which place did you choose?

What do you see? 

What do you hear? 💡

$\$ \{q://QID181/ChoiceTextEntryValue/9\}$

What do you feel? 🤝

$\$ \{q://QID181/ChoiceTextEntryValue/10\}$

What do you smell? 👃

$\$ \{q://QID181/ChoiceTextEntryValue/11\}$

What do you taste? 🍷

$\$ \{q://QID181/ChoiceTextEntryValue/12\}$

**Save or screenshot your plan to
practice a skill!**

What's one calming skill that you would like to practice a lot, maybe even every day?

$\$ \{q://QID201/ChoiceGroup/SelectedChoices\}$

When and where will you practice this calming skill?

$\$ \{q://QID202/ChoiceGroup/SelectedChoicesTextEntry\}$

How do you think you will feel if you practice this calming skill often?

$\$ \{q://QID203/ChoiceTextEntryValue\}$

End Of Survey Block

Thank you for completing Project Calm!



Feedback

To help us improve, we would like to hear about your experience using the CALM Coping Kit.

If you agree to provide your feedback, know that your anonymous answers will be saved and shared with the development team.

In general, did you like the look and feel of Project CALM?

- I hated the look/feel of it
- I did not like the look/feel of it
- I liked the look/feel of it a little
- I liked the look/feel of it

- I liked the look/feel of it a lot

How well, in general, did you understand Project CALM?

- I was very confused by the program
- I did not understand the program very well
- I understood the program a little
- I understood the program
- I understood the program a lot

After completing Project CALM, how much do you believe that calming strategies could help you?

- Calming strategies will hurt me
- Calming strategies will not help me
- Calming strategies will help me a little
- Calming strategies will help me
- Calming strategies will help me a lot

How often do you plan on using calming strategies?

- Never
- A few times a year
- A few times a month
- A few times a week
- Every day or most days

What are three things that you liked about Project CALM?

1)

2)

3)

What are three things we could change about Project CALM to make it better?

1)

2)

3)

How would you feel about recommending Project CALM to a friend?

- I would tell my friends NOT to do it
- I would not recommend it
- I would recommend it a little
- I would recommend it
- I would recommend it a lot

How much do you think other young people would like Project CALM?

- They would hate it
- They would not like it
- They would like it a little
- They would like it
- They would like it a lot

How much do you think other young people would be helped by Project CALM?

- They would not be hurt by it
- They would not be helped by it
- They would be helped by it a little
- They would be helped by it
- They would be helped by it a lot