

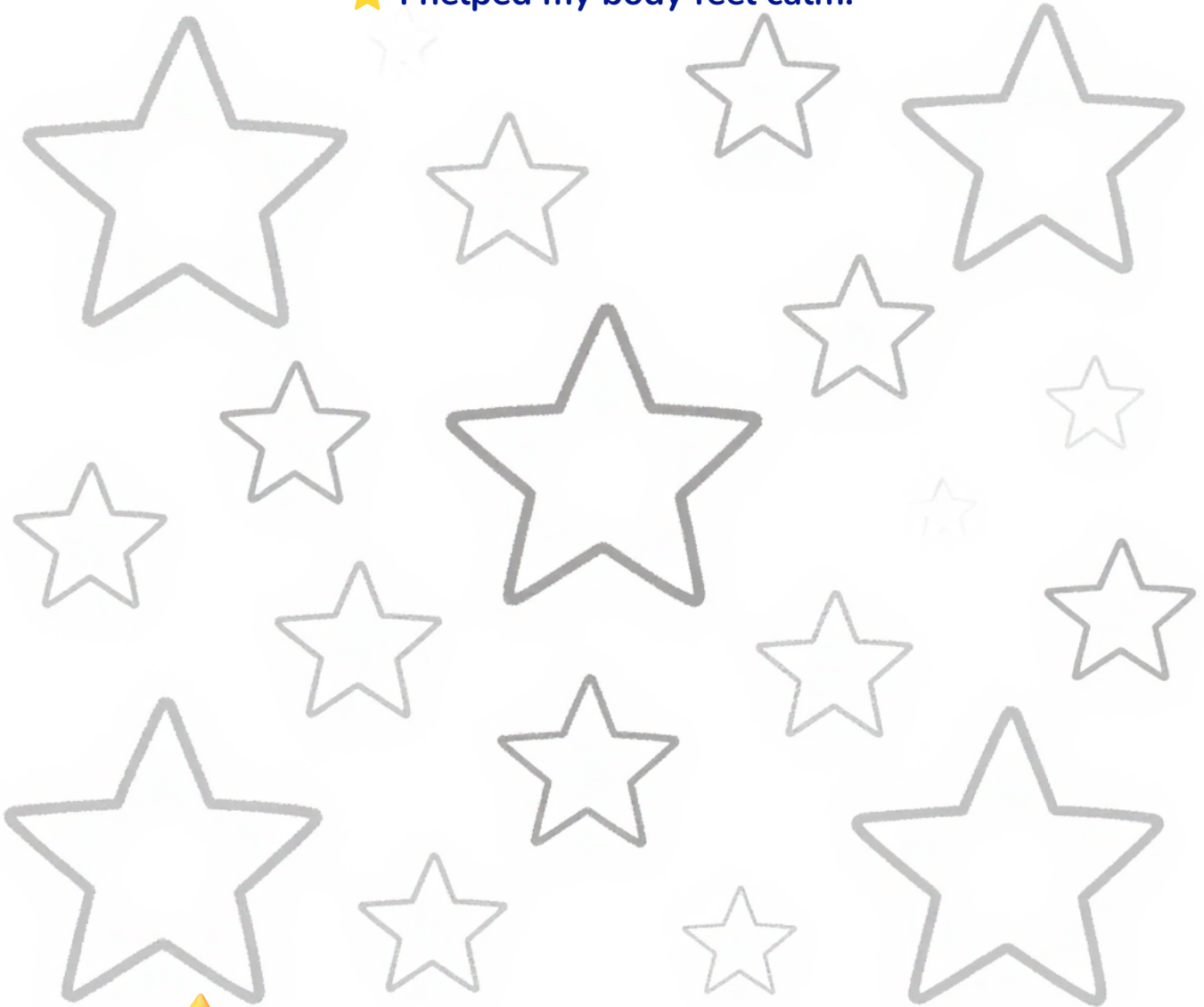
My Calm Stars

Colour a star every time you choose a calm way to respond to a difficult moment.

Examples: ★ I took a deep breath. ★ I counted to ten.

★ I asked for some quiet time. ★ I used kind words.

★ I helped my body feel calm.



"A calm mind helps us see beyond right now and lets us see our brightest stars."

Cosmic Wins

CW-STAR-R009

Helping children grow in confidence, belonging, and self-worth.

Free printable from the Cosmic Wins Resource Library

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