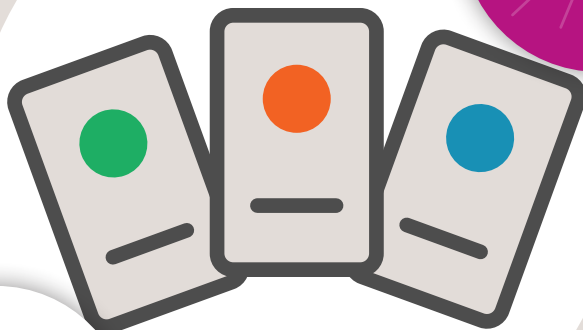


Calming



**In the
box!**

**Calming
Cards**



Use the QR Code to watch a
video of someone with FASD
using the Calming Cards



What do you do if things are becoming overwhelming? If too much is going on? If you are confused and don't understand what you are being asked? You probably want to calm down. Over 70 young people with FASD told us what helped them. The answers they gave are shown on the Calming Cards. Have a look!

Do you like the Calming Cards?



Directions

1. Make your own Calming Card.
2. Pick out the ones that are best for you.
3. Which card would you use?
 - > in the park or garden
 - > at home
 - > at school or college



Send us a picture of the Calming Card you designed to hello@fasd.me



What calms you?



First name

Age