

# Count Yourself Calm



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Have you ever had a bad day?



A day when things are not ok and your feelings are so big that it's hard to breathe?

Those days can feel like **EVERYTHING** is going wrong, and **NOTHING** seems to make it better.



Or maybe you are angry.



Maybe you feel sad.



Perhaps you're feeling worried...



... lonely,  
scared, or hurt.



Did you know that everyone  
has days like that?

Your friends do.



Your teachers do.

Your parents do.



Your grandparents  
do too.



Even people in the Bible had times  
when everything felt really, really bad.





On days like that, there is a little activity that can be a big help.



We can learn it on the good days and practice it on the hard days. It is as easy as counting down from five and will help to steady your heart and your mind.

It starts with a breath and a prayer...