

# I'm Calm



**A book to help kids overcome anxiety and stressful situations**

by Jayneen Sanders

illustrated by Cherie Zamazing



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and stressful situations**

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To all the kids who feel worried,  
scared and sad right now,  
this book is for you.

Love Theodore xx



I'm Calm  
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Written by Jayneen Sanders  
Illustrations by Cherie Zamazing

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Disclaimer: The information in this book is advice only written by the author  
based on her advocacy in this area, and her experience working with  
children as a classroom teacher and mother. The information is not  
meant to be a substitute for professional advice. If you are concerned  
about a child's behaviour seek professional help.



Everyone in my house is stressed.  
But I'm not!  
I'm calm.





Mum is stressed because she's working from home. She's marking exams and it's not going well.





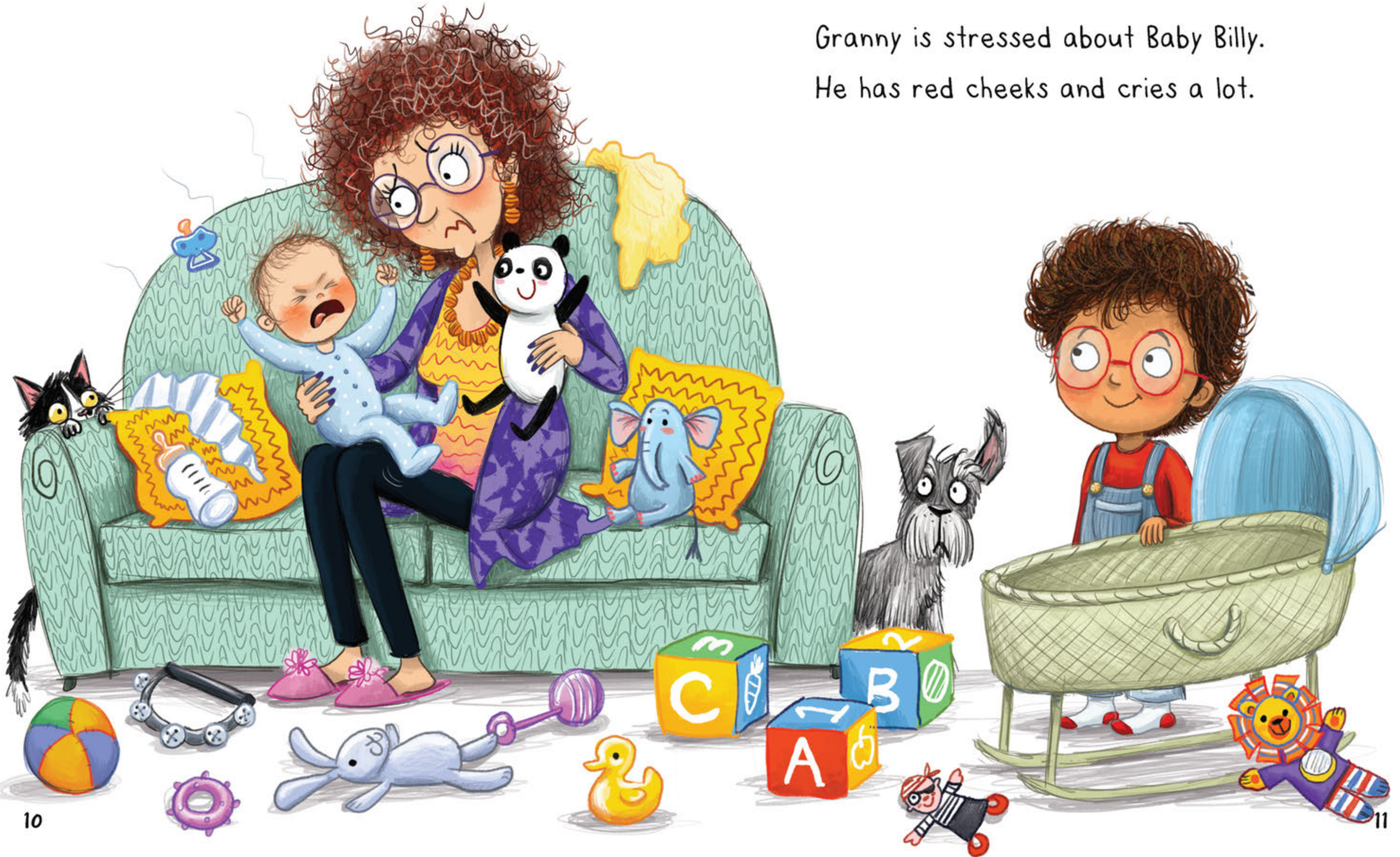
Mumma is stressed about  
the back yard.

The mower is  
broken and the  
grass keeps  
growing.





Granny is stressed about Baby Billy.  
He has red cheeks and cries a lot.





Grandpa is stressed  
about Granny.

She looks tired and she's not very calm.





But I am!

I'm very calm.





My teacher taught me  
to close my eyes and  
breathe very slowly.

Breathe in 1, 2, 3.

Breathe out 4, 5, 6.





I do this whenever  
I feel worried about Mum.

Then I give her a  
big hug and say,  
'You've got this!'







My teacher taught me  
some yoga poses too.



I do these whenever I hear Mumma  
trying to start the mower.





Then I hold Mumma's  
hand and say,  
'Things will be  
better tomorrow.'



My teacher told me to hug my puppy or my favourite teddy whenever I feel anxious.



I do this whenever I hear Baby Billy cry.





Then I take Baby Billy  
in my arms and say,  
'I'll hold him for a  
while, Granny.'





Whenever I feel sad, scared or worried my teacher told me to take a walk in nature with a grown-up who makes me feel safe.



I told Grandpa this and he said, 'Let's go!'



In my house, when people  
are stressed, I'm not.  
I'm calm.



And I make  
everyone else  
calm too!



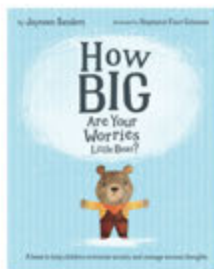
**Discussion Questions** for 'I'm Calm' for Parents, Carers and Educators can be found at [www.e2epublishing.info](http://www.e2epublishing.info)

## Books by the Same Author



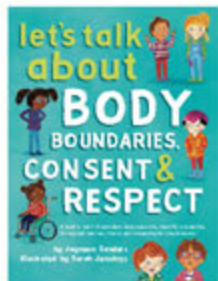
### Talking About Feelings

A book to assist adults in helping children unpack, understand and manage their feelings and emotions in an engaging and interactive way. Discussion Questions included. Ages 4 to 10 years.



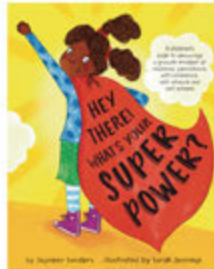
### How Big Are Your Worries Little Bear?

This book was written to help children overcome fears and anxious thoughts by providing them with life-long skills in how to deal with anxiety. Discussion Questions and hints to help anxious children included. Ages 3 to 9 years.



### Let's Talk About Body Boundaries, Consent and Respect

Through familiar scenarios, this book opens up crucial conversations with children around body boundaries, consent and respect. Discussion Questions included. Ages 4 to 10 years.



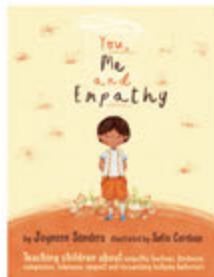
### Hey There! What's Your Superpower?

This book provides a number of simple and very achievable 'tasks' to help kids to develop resilience, persistence, self-confidence, self-reliance and self-esteem. Discussion Questions and extra ideas to boost kids' confidence included. Ages 5 to 11 years.



### Be the Difference

This engaging book provides over 40 powerful ideas on how kids can make a difference. It focuses on three key areas: empathy and kindness, racial and gender equality, and the environment. Discussion Questions included. Ages 5 to 12 years.



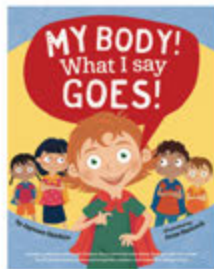
### You, Me and Empathy

This charming story uses verse, beautiful illustrations and a little person called Quinn to model the meaning of empathy, kindness and compassion. Discussion Questions and activities to promote empathy and kindness included. Ages 3 to 9 years.



### No Means No!

A story about an empowered little girl with a strong voice on all issues, especially those relating to her body! A book to teach children about personal body boundaries, respect and consent. Discussion Questions included. Ages 2 to 9 years.

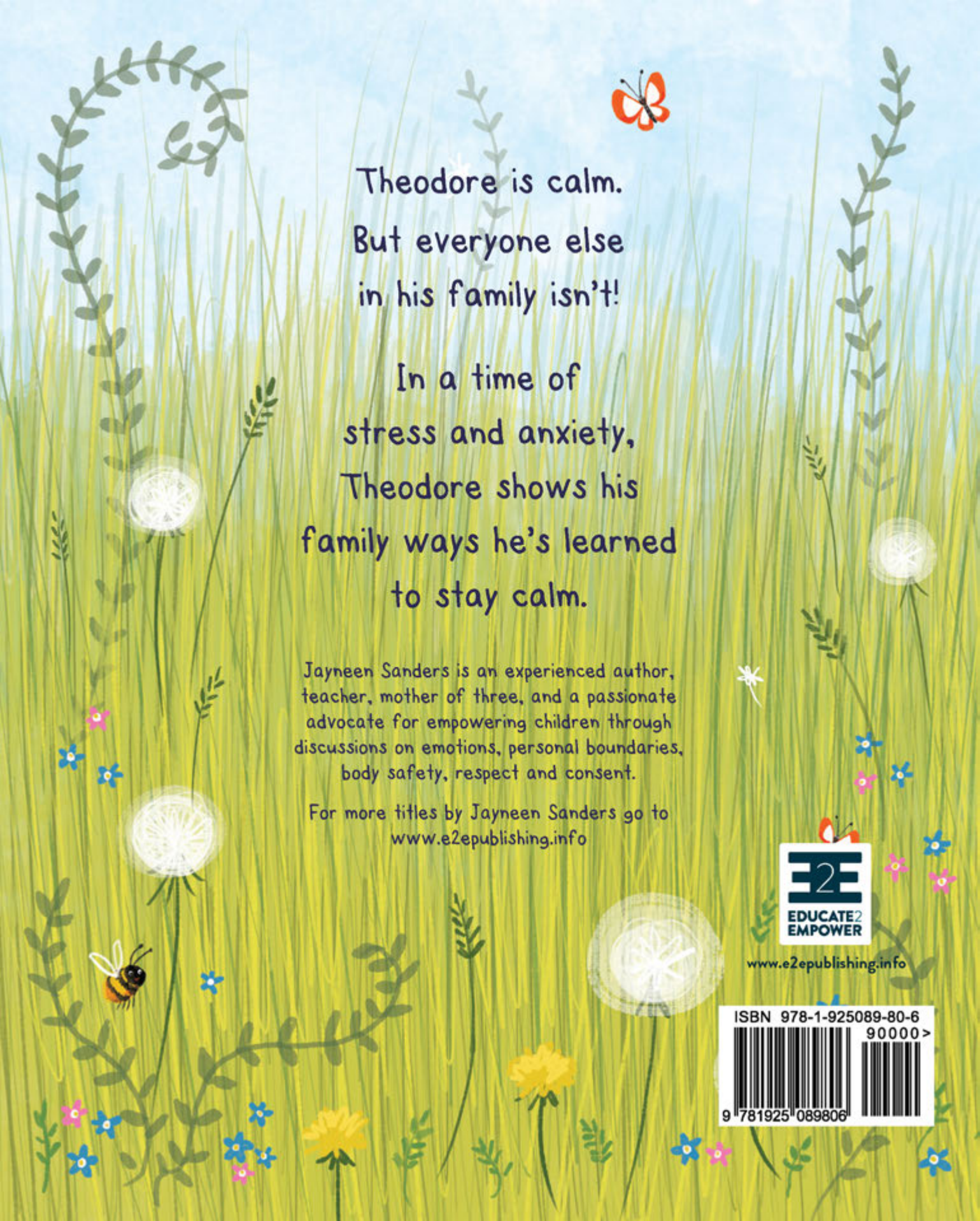


### My Body! What I Say Goes!

A children's picture book to empower and teach children about personal body safety, feelings, safe and unsafe touch, private parts, secrets and surprises, consent and respect. Discussion Questions included. Ages 3 to 9 years.

For more books, free resources and lesson plans go to [www.e2epublishing.info](http://www.e2epublishing.info)





Theodore is calm.  
But everyone else  
in his family isn't!

In a time of  
stress and anxiety,  
Theodore shows his  
family ways he's learned  
to stay calm.

Jayneen Sanders is an experienced author, teacher, mother of three, and a passionate advocate for empowering children through discussions on emotions, personal boundaries, body safety, respect and consent.

For more titles by Jayneen Sanders go to  
[www.e2epublishing.info](http://www.e2epublishing.info)



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