

10 WAYS

to Calm Down



1. Breathe in and out slowly 10 times.

2. Squeeze a stress ball.

3. Take a break and get a drink of water.

4. Talk to a grown-up.

5. Hug someone.

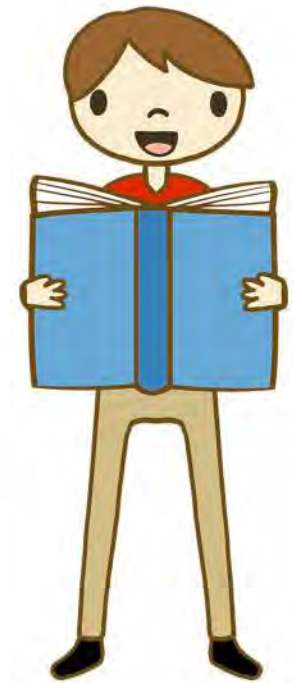
6. Draw a picture about it.

7. Write about your feelings.

8. Do some stretches.

9. Think of something happy.

10. Read a magazine or book.





Thank you!

You May:

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- Share with a sub covering your class
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- Reference this and other Art is Basic resources during professional development or on a teaching blog so long as you are not giving away any of this content and you are linking to my TPT store or blog.
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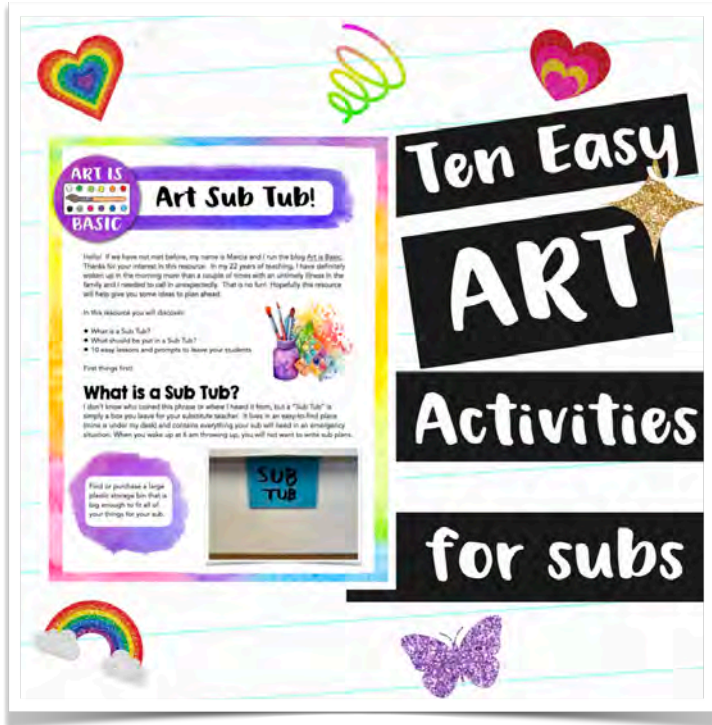
Inky background from [Type and Graphics Studio](#).

Floral designs from [Larysa Zabrotskaya](#)

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FREE!

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ART IS BASIC Art Sub Tub!

Hi!! If we have not met before, my name is Maria and I run the blog Art is Basic. Thanks for your interest in this resource. In my 22 years of teaching, I have definitely gotten up in the morning more than a couple of times with an unruly stress in the family and I needed to call in unexpectedly. That is no fun! Hopefully this resource will help you get the same stress to pass ahead.

In this resource you will discover:

- What is a Sub Tub?
- What should be put in a Sub Tub?
- 10 easy lessons and prompts to leave your students.

First things first:

What is a Sub Tub?

I don't know who coined this phrase or where I heard it from, but a "Sub Tub" is simply a box you leave for your substitute teacher. It lives in an easy-to-find place (mine is under my desk) and contains everything your sub will need in an emergency situation. When you wake up at 8 am throwing up, you will not want to write sub plans.

Find or purchase a large plastic storage bin that is big enough to fit all of your things for your sub.

Ten Easy ART Activities for subs



You may also be interested in these great resources!



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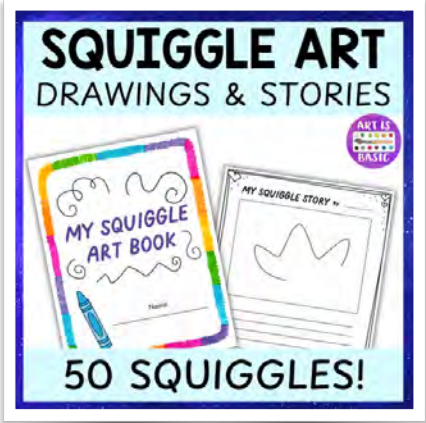
EASY TO ASSEMBLE



GROWTH MINDSET

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