



Jap Naam and Keep Calm

Steps to keeping calm

1. Breathe in **deeply** through your nose and say "Vahe"
2. Breath out **slowly** through your mouth and say "Guru"
3. **Repeat** until you feel calmer

Time for You to practice!

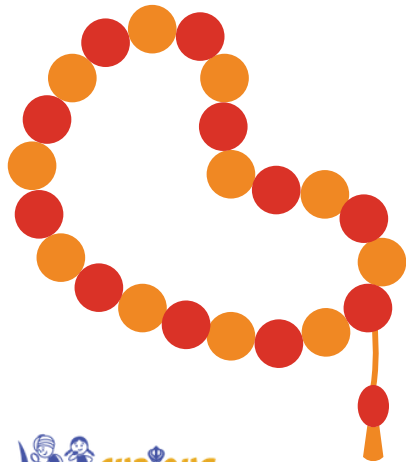
Practice breathing and saying Vaheguru just like it says in the three steps on the left! It will help you in any situation where you need to keep calm! The more you practice the easier and more natural it will become to you!

After you practice all 3 steps, put a in the box above!

How many times can you practice your breathing with saying Vaheguru to keep calm?

CRUNCH the Code!

Use the code to the right to reveal a very important message!



2 5 19 21 18 5

20 15 19 1 25

22 1 8 5 7 21 18 21

A B C D E F G H

1 2 3 4 5 6 7 8

I J K L M N O

9 10 11 12 13 14 15

P Q R S T U V

16 17 18 19 20 21 22

W X Y Z

23 24 25 26