



The COZY Model

A gentle way to find what helps us feel more comfortable.

Sometimes things just don't feel quite right. We may feel uncomfortable, unsure, or not know what to do next.

When that happens, we all need something that helps us slow down, settle, and find our way forward.

The COZY Model offers four simple steps to help us find a little more comfort, notice what we need, and choose what to try next.

Let's take a closer look at the COZY Model!

C

Calm
Your Body

O

Observe
What's Happening

Z

Zoom In on
One Small Step

Y

You Can
Try Again



Feelings Neighborhood



Feel ♥ Express ♥ Connect



Practice the COZY Model

Small practices for everyday moments.

We can practice the COZY Model in many different moments — at home, at school, with friends, or on our own.

You've got this!



Practice Calm Your Body

Help your body feel a little more comfortable.

- 1 Take a slow, gentle breath in and out.
- 2 Notice how your body feels (sit, stretch, or relax).
- 3 Try something that feels good, like a cozy hug, a gentle rock, or a slow sip of water.



Practice Observe What's Happening

Notice what is happening around us — and what is happening inside us.

- 1 Look around and notice what you see, hear, or feel.
- 2 Notice what you might be thinking.
- 3 Give it a name (e.g., "I feel worried," "I feel excited," or "I feel unsure").



Practice Zoom In on One Small Step

We don't have to fix everything. We can choose one small step right now.

- 1 Think about one small thing we can do.
- 2 Choose a step that feels possible.
- 3 Try it — even if it's just a tiny step.



Practice You Can Try Again

If something doesn't help the first time, we can try again, change it, or choose something different.

- 1 Be kind to ourselves. It's okay if it doesn't work right away.
- 2 Think: What could I try next?
- 3 Keep going — every try helps us learn what works for us.



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You Matter



COZY
KITCHEN
made
with love

KINDNESS

PATIENCE

SELF-
CARE

Keep Exploring Your **COZY** Model

Not every Cozy Secret will work
in every moment.

- Some may help when other people are around.
- Some may work better when you have a little space.
- And some may feel best with someone you trust.

You get to explore, practice,
and discover what works
for **YOU**.

My
Comfort
Recipe

Small
Steps
Brighter
Days

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