

Name: _____

Date: _____

Calm Down

count to ten in funny voices

think of white puffy clouds

tense and relax muscles

say calmly i can relax

shake like a wet puppy

sit in a quiet spot

balloon breathing

pause and think

rock in a chair

count backwards

boxed breathing

count to ten

deep breaths

drink water

stress ball

talk it out

take a walk

sing a song

color code

exercise

mandalas

meditate

color

Y E S E L C S U M X A L E R D N A E S N E T G J
Q G N I H T A E R B N O O L L A B N W T S L I Y
S E C I O V Y N N U F N I N E T O T T N U O C Y
W E G A T T Q V D J L S M R M A N D A L A S J S
C T B Q B S A E B L X X V H E T A T I D E M A T
S O O G C X I K W W D R I N K W A T E R J Y H R
H C U P H U T N E V O F K W K Q W M W R C T Y E
A O N N S W P H G A A Y N D F B F C V A A F C S
K U Z S T T H I Q A W B C X L V P A L L Z D M S
E N O H X T E J M O S A A L S C M M K C G Q V B
L T H T F P O I O I A O L M M C L I N C R M W A
I B R A B A T T U V A S N K J Y T S P P Q I H L
K A O E V U W R E Q Y X F G I O T P K C N I M L
E C C R A S G R H N A V U C U Z I T N R O L O C
A K K B E E Y S H U J N A T Y A U P Y Z J P M X
W W I P Z A N K E N J N I M R E M P Y O P C A X
E A N E J N B E T A R B Q T C H E P M J Z C N R
T R A E Z D X A G E F M B B I S Z E Q U D J Q J
P D C D K T R B L S X H V O X S S U M R O L Q Z
U S H N I H B A C G B W S G U V R S V X P E Q A
P O A O X I X E O G O T I F U C O L O R C O D E
P U I B G N I H T A E R B D E X O B P A Q W L Z
Y M R I C K P P C E S I C R E C X E X Y E O L N
S D U O L C Y F F U P E T I H W F O K N I H T H

