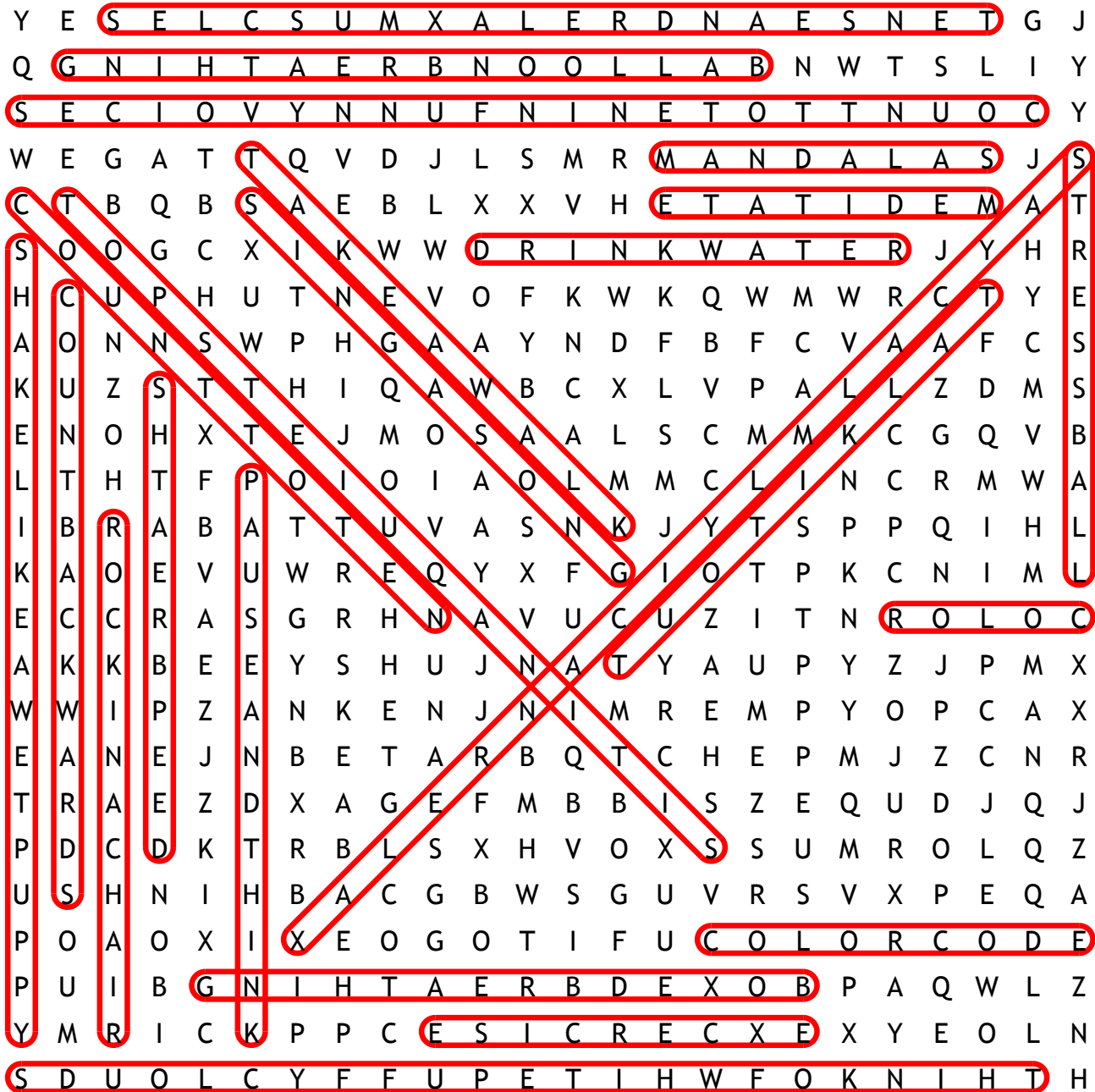


Name: _____

Date: _____

Calm Down



mandalas
drink water
meditate
talk it out
say calmly i can relax
exercise
color code
count to ten

color
stress ball
pause and think
take a walk
think of white puffy clouds
tense and relax muscles
sing a song
deep breaths

sit in a quiet spot
balloon breathing
rock in a chair
count to ten in funny voices
shake like a wet puppy
count backwards
boxed breathing