

Things I Can Do To Calm Down!



Take 3 deep breaths

Count from 1 to 10 (and if you're still angry, count again from 10 to 1)

Find a trusted person to talk to about what is bothering you

Get a hug or give a hug

Draw a picture of why you're angry

Jump up and down for a minute

Think of a peaceful place or look at a picture of your peaceful place

Listen to music or play music on an instrument

Hit a pillow

Sing a song

Talk yourself into being calm: say, "Be calm, be calm" or "I can handle this"

Tense and relax your muscles

Feel your pulse

Visualize yourself calming down