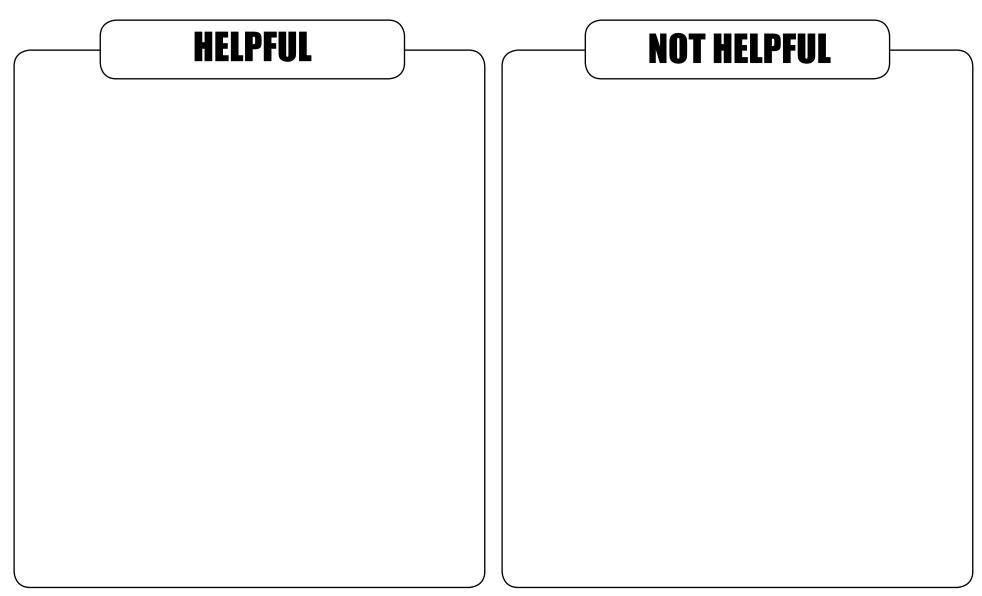
Ideas for How to Calm Down

Directions: On the next page, you will see a list of ideas for helping you calm down. If you think it's a good idea for calming down, write or type it into the "HELPFUL" box. If you don't think it is a good idea for calming down, write or type it into the "NOT HELPFUL" box.



YELL AT SOMEONE **COUNT** TO 10

> **THROW** SOMETHING

TELL **YOURSELF YOU CAN HANDLE IT**

PUSH THE OTHER PERSON

GO BE BY YOURSELF FOR **A FEW MINUTES**

POUT

CALM YOUR BODY

STOMP YOUR FEET

TAKE DEEP BREATHS