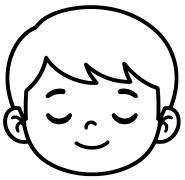
Name _____ Date _____

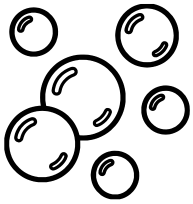
Ways to Calm Down

Circle the things that help you feel calm. Draw your own idea in the last box.



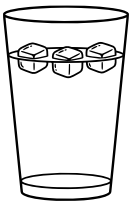
READ ALOUD

Everyone has big feelings sometimes. It is OK to feel mad, sad or scared. When a feeling is big, these things can help your body feel **calm** again.



breathe slowly, like blowing bubbles

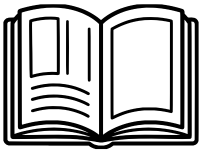
hug a stuffed animal



drink some water

talk to a grown-up

draw a picture



read a book

1 2 3

count to ten

take a walk

my idea