

THINGS I CAN DO TO CALM DOWN

I can try these strategies when I feel upset, worried, or overwhelmed.

1 Count to 10

1 2 3 4 5
6 7 8 9 10

2 Read a book



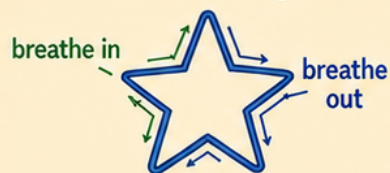
3 Listen to music



4 Say my ABC's

A B C

5 Star breathing



6 Take a walk



7 Drink water



8 Hug a stuffed animal



9 Take 5 deep breaths



10 Stretch my body



11 Squeeze a stress ball



12 Draw or color



13 Write in a journal



14 Use kind self-talk



15 Sit in my calm corner



16 Think of a happy place

