

EMOTION REGULATION ACTIVITY: CALM DOWN TOOLS

Directions: Cut out the calm down strategies on the next page. Read each strategy. If you think it's a good strategy for calming down, glue it into the "SMART" box. If you don't think it is a good strategy for calming down, glue it into the "NOT SMART" box.

SMART

NOT SMART

**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**