

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.

HELPFUL

NOT HELPFUL

**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**