

Things I can do to help me calm down



take deep
breaths



exercise



spend time
with a pet



count to ten



listen to
music



go for a walk



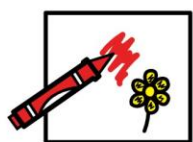
watch TV



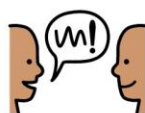
ask for help



write in a
journal



draw or color



talk to
someone



think positive
thoughts



meditate



pray



go to my
room