

Build a puzzle.



Paint.



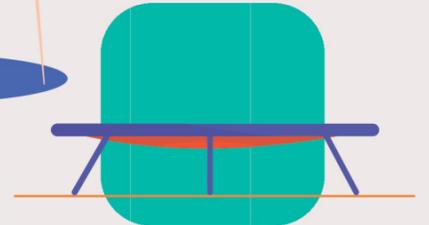
Play with



a pet.



Build or create something.



Jump in a trampoline.



Clench fist, then relax.

Read.



Meditate

Take some alone time.



Listen to some music.



Dance.



WAYS TO CALM DOWN:

When feeling angry, worried, disappointed or frustrated.



Breathe 10 times.



Write in a journal



Ask or give a hug.



RAIN.

Shower.



Play with clay or slime.



Stretch.



“Calming Bottle”.



Go for a walk.