



Build a puzzle.



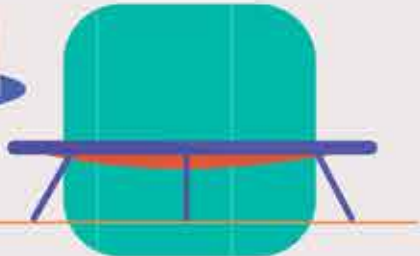
Paint.



Play with
a pet.



Build or create
something.



Jump in a
trampoline.



Clench a fist,
then relax.



Meditate



Listen to
some music.



Breathe
10 times.



Ask or give a
hug.



Play with clay
or slime.



Stretch.



Use a
“Calming Bottle”.



Go for a walk.



Shower.



Write in a journal.



Dance.



Take some
alone time.



Read.



WAYS TO CALM DOWN:

When feeling angry, worried,
disappointed or frustrated.



RAIN.