

Calm Down Helpers

Pick a strategy to help your body calm down. You can do more than one to help you.

Breathe It Out

5-Finger



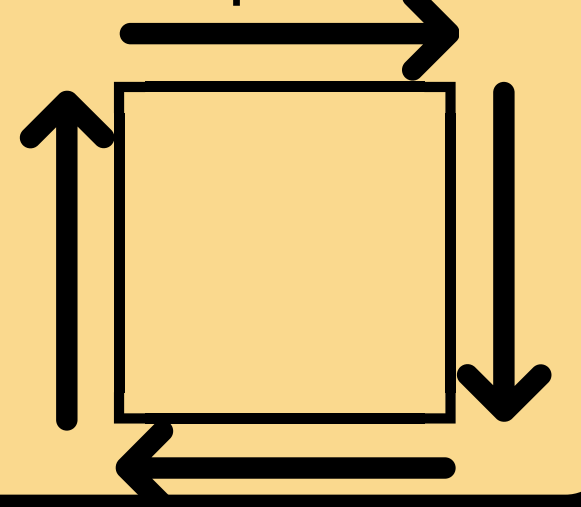
Candle



Flower

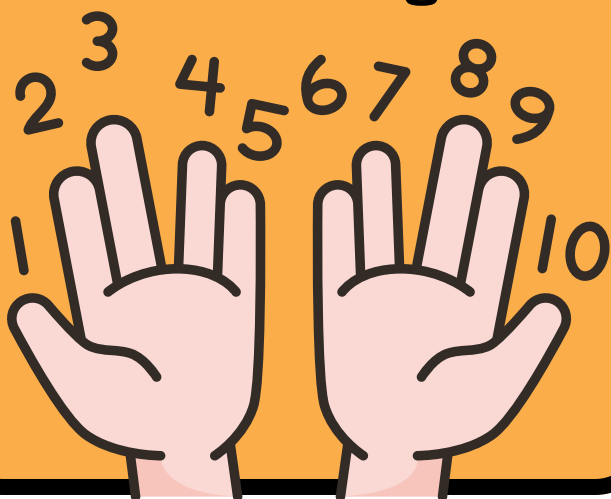


Square



Think It Out

Counting



Puzzles



Draw or Color



Grounding



Move It Out

Stretching



Fidgets



Get a Drink of Water



Exercise

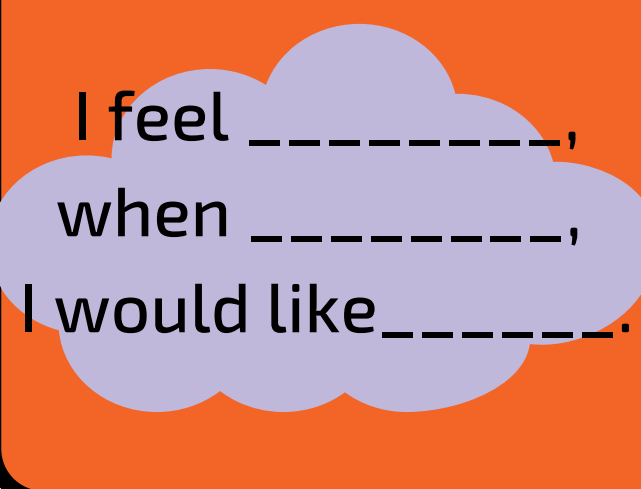


Talk It Out

Ask for Help



Use "I Statements"



Positive Self-Talk



Write Your Feelings

