

# **Things I Can Do To Calm Down!**



**Take 3 deep breaths**

**Count from 1 to 10 (and if you're still angry, count again from 10 to 1)**

**Find a trusted person to talk to about what is bothering you**

**Get a hug or give a hug**

**Draw a picture of why you're angry**

**Jump up and down for a minute**

**Think of a peaceful place or look at a picture of your peaceful place**

**Listen to music or play music on an instrument**

**Hit a pillow**

**Sing a song**

**Talk yourself into being calm: say, "Be calm, be calm" or "I can handle this"**

**Tense and relax your muscles**

**Feel your pulse**

**Visualize yourself calming down**