








If we can manage how we feel, and find ways to control how we feel it will help us to not hurt ourselves or other people.

What things can cause us to get angry, annoyed, frustrated - like we are a balloon about to burst?

What things can help us to control our feelings - like we are letting the balloon deflate?

Calm Down Strategies for Kids

Pathway 2 SUCCESS

 Color or draw	 Think happy thoughts	 Take deep breaths	 Talk to someone
 Make a list of choices	 Set the timer and take a break	 Read	 Think of a pet
 Look at photos	 Use positive self-talk	 Take a walk or exercise	 Write in a journal

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Clipart by Kate Hadfield

Try some of these ideas when you need to calm down. Circle the ones work best for you?

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What can you do today to feel calm?