things I can do to calm down

my calm list

• Practice take 5 breath
• Count from 1 to 10 (and if you’re still angry, count again from 10 to 1)
• Find a person you trust 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
• Listen to music or play music on an instrument
• 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