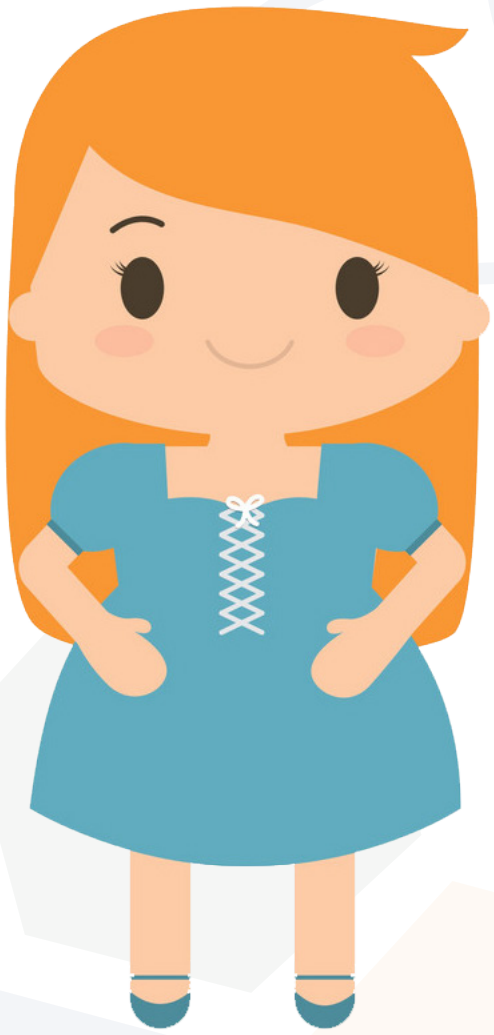


STAYING CALM



Name.....

My name is _____ .

My teacher is _____ .

I am _____ years old.

I am in _____ class

and go to _____ School.



Things I like:

Things I don't like:

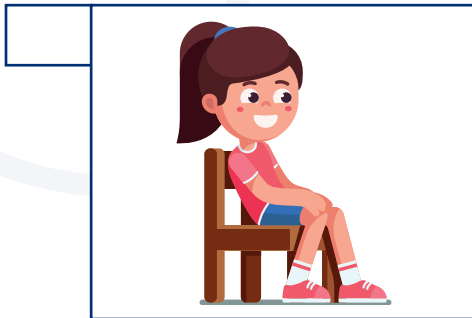
MAKING GOOD CHOICES

Sometimes I feel angry or upset, and when I do I sometimes make good choices, and sometimes I make bad choices. When I make bad choices it makes me feel sad and other people around me also feel sad. But when I make good choices I feel much better and everyone around me feels much better too!

**Here are some examples of good choices and bad choices.
I will try my best to always make good choices.**



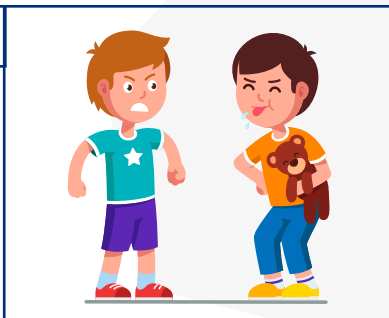
Shouting at people



Sitting quietly until I feel calm and relaxed



Keeping my hands and feet to myself



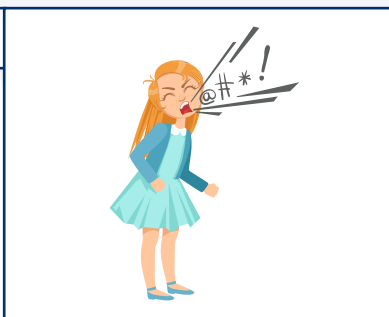
Taking things that are not mine



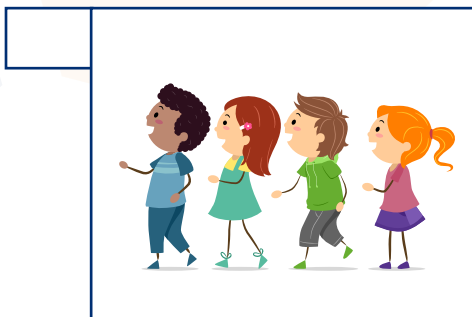
Talking to the teacher or parent about how I feel



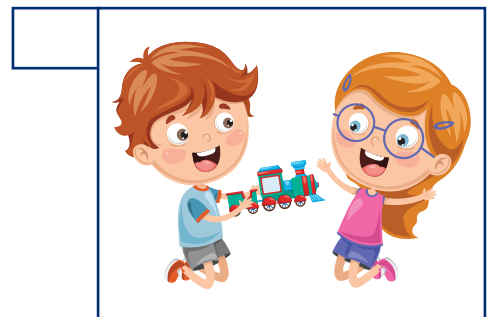
Hitting people



Calling people names



Waiting for my turn



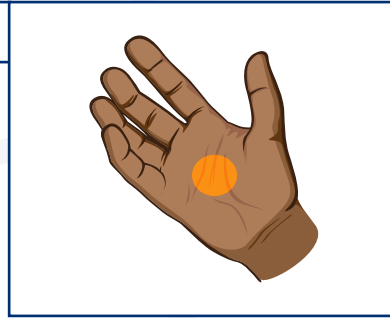
Sharing with others

GOOD WAYS TO STAY CALM

Tick The Boxes Of The Pictures That Are Your Favourite Ways To Stay Calm



Go for a walk



Play music for 1min,
Rub the middle of your palm
with the thumb from the other
hand. 30 secs each hand



Close your eyes and
pretend you are in your
favourite place



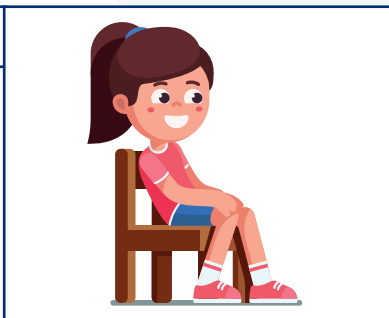
Have a drink of water or
herbal tea



Talk to a parent or
teacher you trust



Colour a picture



Sit in a quiet place



Write down how you
are feeling



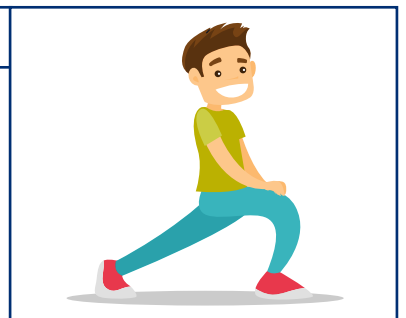
Listen to relaxing music
and take 10 deep breaths



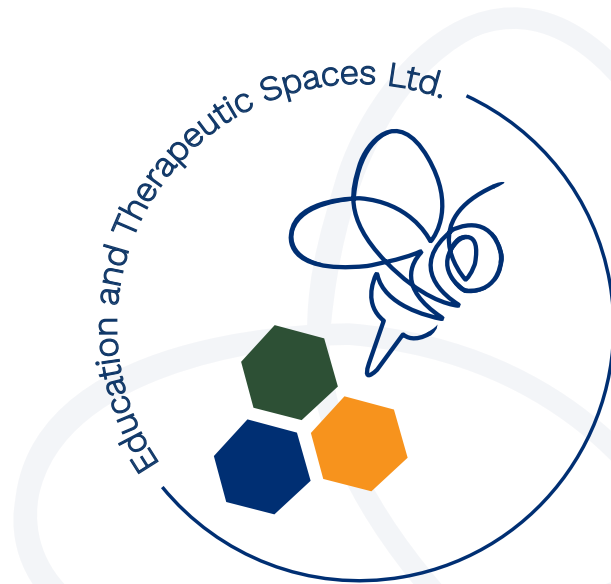
Give yourself a hug



Squeeze a squishy ball



Do yoga/stretching



STAYING CALM

Now I know lots of things I can do to feel calm.

I can always look at my calm list if I forget.

I know feeling calm feels good.

I can share these strategies with my friends and family, so they can learn about feeling calm too!