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

1. Go for a walk
2. Play music for 1min, Rub the middle of your palm with the thumb from the other hand. 30 secs each hand
3. Close your eyes and pretend you are in your favourite place
4. Have a drink of water or herbal tea
5. Talk to a parent or teacher you trust
6. Colour a picture
7. Sit in a quiet place
8. Write down how you are feeling
9. Listen to relaxing music and take 10 deep breaths
10. Give yourself a hug
11. Squeeze a squishy ball
12. 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!