Name: _____ Date: _____

Calm Down

count to ten in funny voices
think of white puffy clouds
tense and relax muscles
say calmly i can relax
shake like a wet puppy
sit in a quiet spot
balloon breathing
pause and think
rock in a chair
count backwards
boxed breathing
count to ten
deep breaths
drink water
stress ball
talk it out
take a walk
sing a song
color code
excercise
mandalas
meditate
color

Y	E	S	E	L	C	S	U	M	X	A	L	E	R	D	N	A	E	S	N	E	T	G	J
Q	G	N	I	H	T	A	E	R	B	N	O	O	L	L	A	B	N	W	T	S	L	I	Y
S	E	C	I	O	V	Y	N	N	U	F	N	I	N	E	T	O	T	T	N	U	O	C	Y
W	E	G	A	T	T	Q	V	D	J	L	S	M	R	M	A	N	D	A	L	A	S	J	S
C	T	B	Q	B	S	A	E	B	L	X	X	V	H	E	T	A	T	I	D	E	M	A	T
S	O	O	G	C	X	I	K	W	W	D	R	I	N	K	W	A	T	E	R	J	Y	H	R
H	C	U	P	H	U	T	N	E	V	O	F	K	W	K	Q	W	M	W	R	C	T	Y	E
A	O	N	N	S	W	P	H	G	A	A	Y	N	D	F	B	F	C	V	A	A	F	C	S
K	U	Z	S	T	T	H	I	Q	A	W	B	C	X	L	V	P	A	L	L	Z	D	M	S
E	N	O	H	X	T	E	J	M	O	S	A	A	L	S	C	M	M	K	C	G	Q	V	B
L	T	H	T	F	P	O	I	O	I	A	O	L	M	M	C	L	I	N	C	R	M	W	A
I	B	R	A	B	A	T	T	U	V	A	S	N	K	J	Y	T	S	P	P	Q	I	H	L
K	A	O	E	V	U	W	R	E	Q	Y	X	F	G	I	O	T	P	K	C	N	I	M	L
E	C	C	R	A	S	G	R	H	N	A	V	U	C	U	Z	I	T	N	R	O	L	O	C
A	K	K	B	E	E	Y	S	H	U	J	N	A	T	Y	A	U	P	Y	Z	J	P	M	X
W	W	I	P	Z	A	N	K	E	N	J	N	I	M	R	E	M	P	Y	O	P	C	A	X
E	A	N	E	J	N	B	E	T	A	R	B	Q	T	C	H	E	P	M	J	Z	C	N	R
T	R	A	E	Z	D	X	A	G	E	F	M	B	B	I	S	Z	E	Q	U	D	J	Q	J
P	D	C	D	K	T	R	B	L	S	X	H	V	O	X	S	S	U	M	R	O	L	Q	Z
U	S	H	N	I	H	B	A	C	G	B	W	S	G	U	V	R	S	V	X	P	E	Q	A
P	O	A	O	X	I	X	E	O	G	O	T	I	F	U	C	O	L	O	R	C	O	D	E
P	U	I	B	G	N	I	H	T	A	E	R	B	D	E	X	O	B	P	A	Q	W	L	Z
Y	M	R	I	C	K	P	P	C	E	S	I	C	R	E	C	X	E	X	Y	E	O	L	N
S	D	U	O	L	C	Y	F	F	U	P	E	T	I	H	W	F	O	K	N	I	H	T	H

