

Name: _____

Date: _____

Calm Down 1

sit in a quiet spot

rock in a chair

boxed breathing

deep breaths

count to ten

sing a song

talk it out

lava bottle

drink water

take a walk

stress ball

color code

exercise

meditate

talk ot



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