

My Big Feelings Toolkit:

Anger Management Workbook

for Kids



Free Download

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About this Resource

My Big Feelings Toolkit: Anger Management and Coping Strategies Workbook for Children is a practical, engaging, and child-friendly resource designed to help kids understand, express, and manage their emotions — especially anger — in healthy and positive ways.

This anger management workbook for kids includes fun worksheets, coping skills cards, relaxation techniques, and sensory strategies that children can easily follow.

Each activity is designed to help children:

- Recognize early signs of anger and frustration
- Use calming techniques to control strong emotions
- Practice problem-solving skills
- Develop positive thinking habits
- Build resilience and confidence

Inside, children will discover:

- Anger management activities for kids such as breathing exercises, yoga poses, and movement breaks
- Coping skills for children including sensory tools, distraction techniques, and happy memory prompts
- Printable worksheets for kids to track feelings, practice strategies, and create their own calm-down kit

This workbook can be used by parents, carers, teachers, and therapists in homes, schools, or counseling sessions. The activities are flexible — they can be completed in any order and adapted to suit each child's age, abilities, and needs.

By using this child-friendly anger management resource, children will learn lifelong emotional regulation skills, strengthen relationships, and feel more in control of their big feelings.

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Hello there!

Do you ever feel really angry, really fast?

Like one moment you are fine... and the next, BOOM — you are not!

That used to happen to me too.

All the time!

But then I learnt a few easy ways to help me stay calm, even when things feel really hard.



Would you like to learn how to calm your anger too?

Let's be

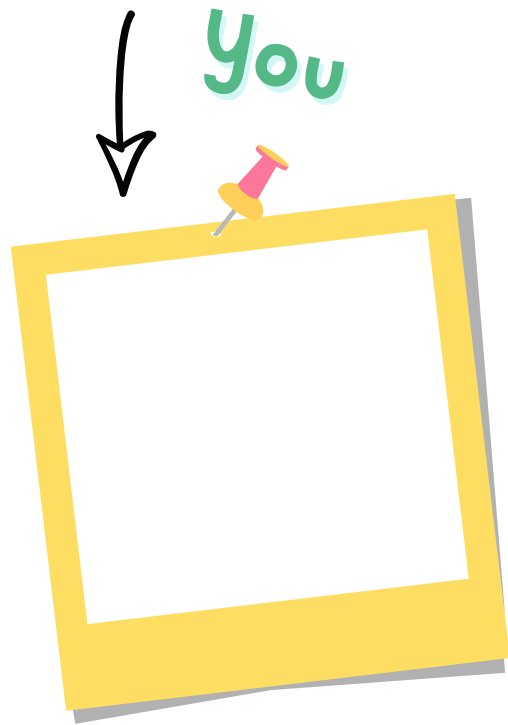


Journal BUDDIES

and I will show you what has helped me (and what helps my friends too!).

But before we begin...
Let's get to know each other!

NOW IT'S YOUR TURN!
TELL ME ABOUT YOU.



NAME: Ben
AGE: 9
I LIVE IN: Canada
(a beautiful country with
mountains and forests)
I LIKE: going camping,
painting pictures, and
playing with my little
brother.

NAME: _____
AGE: _____
I LIVE IN: _____

I LIKE: _____

YOU HAVE IN YOUR HANDS

Workbook + Journal + Cards

ALL IN ONE!

This is what you will learn and practice in each section:

1. UNDERSTANDING YOUR ANGER

1. LEARN ABOUT ANGER
2. THINK ABOUT YOUR OWN ANGER, USING YOUR COOL KID JOURNAL

2. DEALING WITH YOUR ANGER

1. LEARN STRATEGIES TO HELP YOU DEAL WITH YOUR ANGER
2. PRACTICE THOSE STRATEGIES
3. THINK ABOUT WHAT DOES AND DOESN'T WORK FOR YOU
4. ACTION WHAT YOU LEARN

3. CALM DOWN CARDS

EACH CALMING STRATEGY HAS ITS OWN CALM DOWN CARD. YOU CAN PRINT YOUR FAVORITE STRATEGIES AND KEEP THEM IN AN EASY-TO-REACH SET.



PART 1

UNDERSTANDING MY ANGER



WWHHAATT IISS AANNGGEERR??

Yes, I know -

anger can look

BAD



But guess what?

I'm going to tell you something that might surprise you...

ANGER CAN BE GOOD!

I KNOW! IT SOUNDS STRANGE, RIGHT?

But anger is an **emotion** -

and our emotions have important jobs.

Anger is your body's way of letting you know that something is not right.

It also gives you the energy to stand up for yourself or try to fix the problem.

Let's see how anger works.



Let's explore the

CYCLE OF ANGER

1



Something bad or frustrating happens. This is called an **ANGER TRIGGER**

2



Your brain sounds the alarm! It tells you:

ATTACK OR DEFEND!!!

Anger is getting ready to do its job.

3



You start to feel it in your body.

That angry energy starts building up.

YOU MIGHT NOTICE:

- **NEGATIVE THOUGHTS**
- **PHYSICAL ANGER SIGNS**

(like clenched fists, fast heartbeat, red face)

4



The energy has to go somewhere...

This leads to your

BEHAVIOR RESPONSE -

that is what you do with your anger.

ANGER TRIGGERS

ANGER TRIGGERS

ARE THE THINGS THAT MAKE YOU FEEL ANGRY OR MAD.



Here is why it's important to know your triggers:

- You might be able to avoid some situations that make you angry.
- You can spot your angry signs early and use calming strategies before things get too big.
- When you understand what's going on, it helps you feel more in control.

Let's find out what **YOUR** anger triggers are...

WHAT.ARE.THE.THINGS.THAT.MAKE.YOU.

ANGRY?



Have.a.look.at.the.list.on.the.next.page.for.more.ideas.
Tick.as.many.anger.triggers.as.you.like!



SOME THINGS THAT MAKE ME MAD!

FRUSTATION

- ☐ Losing in a game
- ☐ Not getting good marks in a test
- ☐ Messing up during an activity
- ☐ Not being allowed outside
- ☐ Having to wait
- ☐ Being told "no"
- ☐
- ☐

INJUSTICE

- ☐ Someone did something wrong to me or someone else
- ☐ Someone cheated in a game
- ☐ Someone made fun of me
- ☐ Being left out
- ☐ Feeling ignored
- ☐
- ☐

A BAD SITUATION

- ☐ Feeling pain or getting hurt
- ☐ Feeling scared
- ☐ Feeling tired
- ☐ Feeling worried or anxious
- ☐
- ☐
- ☐

I WANT TO DO SOMETHING ELSE

- ☐ Not being allowed to do something I want (e.g. watch TV)
- ☐ Having to stop an activity I enjoy
- ☐ Having to go to school
- ☐
- ☐

ANGER SIGNS

ANGER SIGNS

ARE THE SIGNALS YOUR BODY GIVES YOU TO LET YOU KNOW THAT YOU ARE FEELING ANGRY.



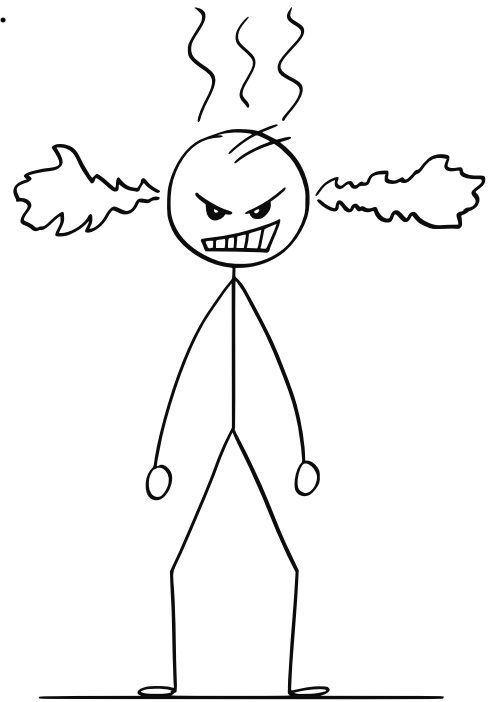
Why is it helpful to know your anger signs?

- They tell you it might be time to walk away from a tricky situation.
- They help you know when to use your calming strategies.
- They help you feel more in control, because you understand what is happening inside you.

ANGER SIGNS

MY BODY TELLS ME I'M MAD WHEN...

- 🧠 My brain feels full of angry thoughts.
- ⚡ I feel full of energy.
- 😡 I feel like shouting or cannot stay calm.
- 😞 I feel out of control.
- 💪 My muscles tighten:
 - I clench my fists.
 - My jaw feels tight.
 - I frown.
- 💨 My breathing gets faster.
- ❤️ My heart beats really fast.
- 😳 My face turns red or hot.
- 👂 My ears feel warm.
- 🗣️ My voice changes:
 - I speak louder or faster.
 - Or I might go quiet and find it hard to talk.
- 😠 My face shows I am angry:
 - My eyebrows pull down and in.
 - My eyes squint or go narrow.
 - My lips press together.
 - My nostrils flare (get bigger).



ANGER SIGNS

Stand in front of a mirror.
Think about a time when you felt
really angry.

- What do you notice?
- How does your face look?
- How does your body feel?
- Is your heart beating faster?
- What is going on inside you?



Paying attention to these signs
can help you understand when
anger is starting to build up.

.....

.....

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ANGER SIGNS

CAN YOU SPOT LUCY'S ANGER SIGNS?
FILL IN THE BLANKS BELOW.

My ears turns

.....

My eyebrows

.....

My nose

.....

My eyes

.....

My jaw muscles

.....

My lips

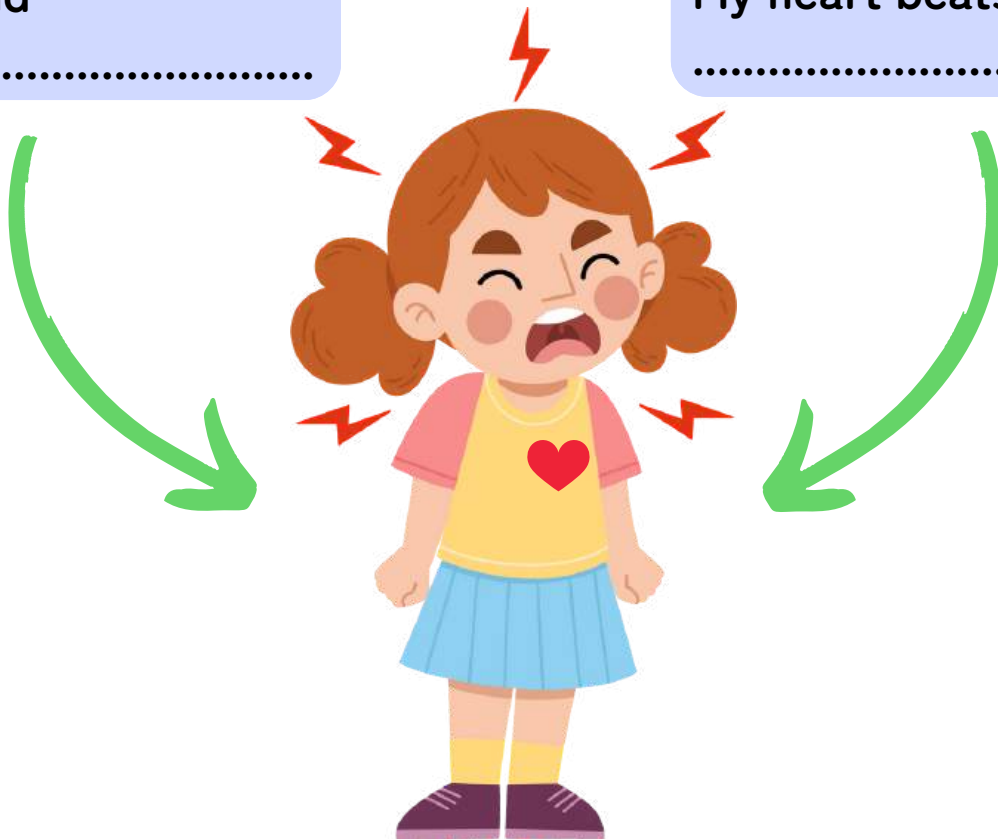
.....

My hand

.....

My heart beats

.....



MY ANGER RESPONSE



ANGER
IS
GOOD



ANYTHING
IS
ALLOWED

Anger is not a bad thing.

It helps us notice when something is wrong or unfair.

BUT

that doesn't mean we can do anything we want!

There are helpful ways to deal with anger — and hurtful ones.

Let's learn how to deal with anger in ways that
don't hurt us or others.

IT'S NOT OK

Even if you feel really angry, some things are not OK to do. Can you think of actions that are not OK, even when you are mad?



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IT'S OK



Can you think of things you can do when you feel angry?

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LET'S JOURNAL!

Think about the last time you felt really mad.

Then, fill in the next page.

You can use the "My Journal" pages any time you need to write about your angry feelings. It can help you understand what happened and what to do next time.



MY JOURNAL

Date:

TRIGGER

What made me angry?

THOUGHTS

What were my thoughts?

FEELINGS

How did I feel?

BODY SIGNS

What did my body do?

ANGER SCALE

How big was my anger?

0 = none

5 = very big

MY RESPONSE

What did I do?

FEELINGS (2)

How did I feel about what I did?

NEXT TIME

Anything I wish to change in the future?

Week:

MOOD TRACKER

TRIGGERS

What made me
angry?

ANGER SCALE

How big was my anger?
0=none / 5=big

MY RESPONSE

What did I do?

M

T

W

TH

F

S

SN



PART 2

DEALING WITH MY ANGER: COPING STRATEGIES



In this section, you will learn different ways to help yourself feel calm when you are angry.
Each strategy has its own Calming Card in Section 3.
You can use your cards as visual reminders of what works best for you.

WHAT ARE COPING STRATEGIES?



Coping strategies are the things we do to manage our thoughts, feelings, and actions when we feel angry.

My friends and I are going to share some healthy coping strategies that can help you deal with anger and frustration.



**Not every strategy will work for everyone
— and that is okay!**

**Try them out, practice them, and
use your journal to notice
which ones help you the most.**

DEALING WITH MY ANGER

Before we start learning our coping strategies...

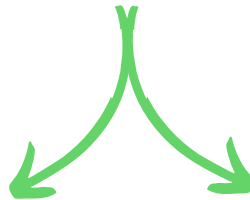


Let's take a moment to think about the signals that tell us we are starting to get upset.



NEGATIVE THOUGHTS

(like "This is not fair!" or "I hate this!")



BODY SIGNS

(like a fast heartbeat, clenched fists, or red face)



The strategies you are about to learn will help you manage both your thoughts and your body when anger starts to build up.

- PROBLEM SOLVING
- SELF-INSTRUCTIONS
- DEALING WITH THOUGHTS
- TAKING A BREAK

- BREATHING
- RELAXATION
- BURN IT OUT
- USING SENSES
- MASSAGE

COPING STRATEGIES



Let's now meet my friends and learn what helps them tame their angry monster.

Each of them has found a different way to deal with anger. You might find some that work for you too!



William:
BREATHING



Victor:
**TAMING
THOUGHTS**



Annie:
**RELAXATION
TECHNIQUES**



Emma:
**USING YOUR
SENSES**



Emily:
TAKING A BREAK



Olivia:
MASSAGE



Tim:
BURN IT OUT



Sarah:
YOGA

ME!



Arts & Crafts
Going for a run
Talk to my mum

COPING STRATEGIES CHECKLIST

THINKING STRATEGIES

- Problem solving
- When...Then Rules
- Ask for help
- Talk to someone

BREATHING

- Deep breathing
- Inflating a balloon
- Blowing bubbles
- Blowing a candle
- Lion breathing
- Bumble bee breathing
- Butterfly breathing
- Belly breathing- balloon
- Belly breathing- toy
- Hand breathing
- Square breathing
- Star breathing

RELAXATION

- Stress ball
- Hug soft toy
- Give yourself a big hug
- Hug your knees
- Palm presses
- Hand squeeze
- Wall push

TAKE A BREAK

- Go to your room / calm down conner
- Step out to the garden

- Go for a walk
- Read a book
- Watch a movie
- Board games
- Drawing
- Listen to music (*)
- Computer games
- Sing out loud
- Play with fidget toy
- Arts & crafts
- Play dough / Clay (*)

BURN IT OUT!

- Bounce on a ball
- Dance
- Bike riding
- Go for arun
- Skip jumping
- Jumping jacks

DEALING WITH THOUGHTS

- Throw away thoughts
- Write & tear
- Change into happy thoughts
- Turn unhelpful thoughts into helpful
- Happy memories album

SENSORY

- Lava lamps
- Clouds in motion
- Sensory jar

- Soothing sounds
- Audiobook
- Soothing smells
- A treat!
- Weighted blanket
- Weighted puppy
- Body sock
- Massage
- Take a bath
- Play dough
- Swing
- Jump on a trampoline

MASSAGE

- Arm massage
- Ear massage
- Hand massage

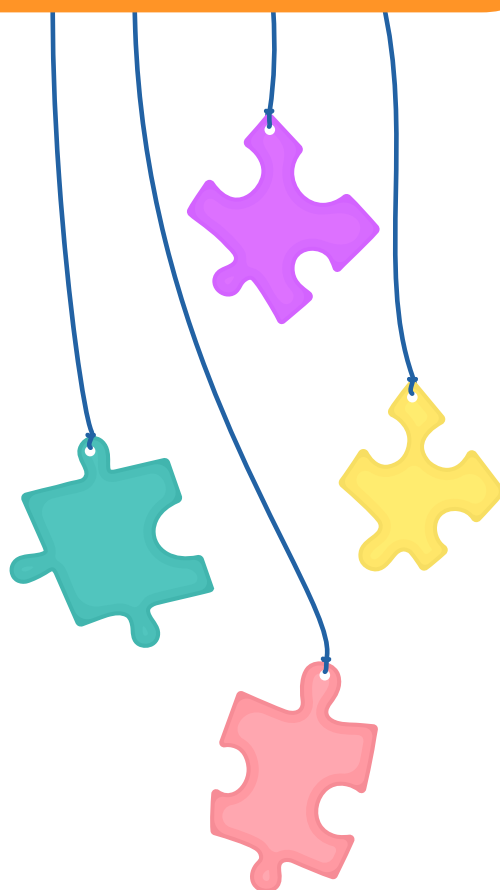
YOGA

- Cat pose
- Cow pose
- Downward dog pose
- Corpse pose
- Tree pose



(*)These strategies are also included in the sensory section

PROBLEM-SOLVING & SELF-INSTRUCTION



Sometimes, anger is your body's way of telling you that there's a **PROBLEM** that needs fixing.



Problem solving can help you figure out what to do.

PROBLEM

What's the problem?

Try to say it clearly in one or two sentences.

SOLUTIONS

What are all the different ways I could deal with this?

Even the silly ones can help you think!

CONSEQUENCES

What might happen if I choose each solution? Think about the good and bad outcomes.

BEST ALTERNATIVE

Which idea seems the most helpful, kind, and safe?

ACTION

Now it's time to try it out!
What will I do first?

These steps and worksheets will guide you!



STOP, THINK, DO

WHAT IS THE PROBLEM?

STOP

THINK

DO

WHAT COULD I DO?

WHAT IS MY BEST OPTION?

PROBLEM SOLVING WORKSHEET

WHAT IS MY PROBLEM?

POSSIBLE SOLUTIONS

Write as many ideas as you can think of (big or small, serious or silly!)

- 1.
- 2.
- 3.
- 4.
- 5.

WHAT ARE THE POSSIBLE CONSEQUENCES?

SOLUTION 1

POSITIVE

NEGATIVE

SOLUTION 2

POSITIVE

NEGATIVE

PROBLEM SOLVING WORKSHEET

CONSEQUENCES

SOLUTION 3

POSITIVE

NEGATIVE

SOLUTION 4

POSITIVE

NEGATIVE

SOLUTION 5

POSITIVE

NEGATIVE



MY BEST CHOICE



PROBLEM SOLVING WORKSHEET

DO I NEED ANY HELP?

ACTION PLAN



REVIEW



Did my plan work? Do I need to make any changes for next time?

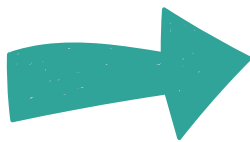
SELF-INSTRUCTION: WHEN...THEN



Sometimes when we feel really angry, our brain is too busy to think clearly.

That is when "WHEN... THEN" rules can help.
We create these rules when we are calm, so they can guide us when we are not.

WHEN



THEN

Someone says something unkind.

I walk away and talk to an adult I trust.

I lose a game.

I say "well done" and remind myself it's okay not to win every time.

I start to feel really angry.

I go to my calm space or use a calming strategy like breathing or squeezing a stress ball.

SELF-INSTRUCTION: WHEN...THEN



Would you like to make your own WHEN... THEN rules?

On the next page, you can write your own
WHEN... THEN rules.

You can also add them to your calm-down card deck
(you will find some blank rule cards in Section 3).

TIP



WHEN

You can find ideas in your "Anger Triggers" list (page 11)

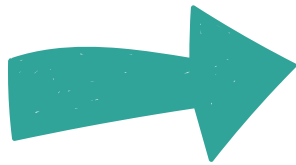
Your problem solving worksheets may help you with this.

THEN

We will also be learning lots of new calming strategies soon.

Once you know which ones help you the most, you can come back and finish this section!

WHEN



THEN

ASKING FOR HELP



Important Information Alert!

YOU ARE NOT ALONE!



There are people around you - like friends, family, and teachers - who want to support you. You don't have to handle big feelings like anger all by yourself.

1 ASKING FOR HELP

Everyone needs help sometimes — even grown-ups like Mum and Dad!

You might need help when you are:

- Trying to figure out what makes you angry.
- Learning new ways to manage your anger.
- Needing support or just someone to listen.



2 SHARING YOUR FEELINGSR HELP

Talking about how you feel with someone you trust can help you:

- Understand your problems better.
- Feel supported and cared for.
- Feel calmer and less alone.
- Hear how others might solve similar problems.



WHO CAN HELP ME?

People I trust the most when I need help:



.....

.....



.....

.....



.....

.....



.....

.....



.....

.....

ONE TIME WHEN SHARING MY ANGER HELPED ME...

12

FUN
BREATHING
EXERCISES



Williams says

DEEP BREATHING

always helps him feel calm.



You might be thinking:

“Breathing? That sounds

BOOOORING

We breathe all the time — so
what’s the big deal?



Here’s the big deal:

Remember what we learned about anger signs in the body?
One of those signs is fast breathing.

When we feel angry, our breathing gets quicker, and our
body thinks something is wrong.

So how do we send our body a new message — one that
helps us feel calm instead? You guessed it:

DEEP BREATHING

It’s a powerful tool to slow things down and help
your body feel safe again.

FUN BREATHING EXERCISES



We can help our body slow down by taking deep breaths and slowly releasing them.

You don't need to try all the breathing exercises.
Just choose the ones that help you feel the calmest.



Let's start with my favorite breathing exercise:

DEEP BREATHING



PLACE YOUR HAND ON YOUR BELLY
TO FEEL IT GROW

DEEP BREATHING (10 TIMES)

1

- Place your hand on your belly.
- Breathe in slowly through your nose and feel your belly grow like a balloon.
- Hold for a count of 1-2-3.
- Breathe out slowly through your mouth.

FUN BREATHING PRACTICE



These are fun ideas to help you practice deep breathing.

BALLOON BREATHING



PRETEND YOU ARE BLOWING A
BALLOON SLOWLY

2

BALLOON BREATHING

Pretend you are holding a balloon in your hands.

- Move your fingers to your mouth as if you are holding it there.
- Take a deep breath in.
- Slowly blow out, filling the balloon with air.

BUBBLES BREATHING



PRETEND YOU ARE BLOWING
BUBBLES

3

BUBBLES BREATHING

Imagine you have a bubble wand.

- Bring it close to your lips.
- Take a deep breath in.
- Blow out gently and slowly, making the biggest bubble you can.

CANDLE BREATHING



PRETEND YOU ARE BLOWING
OUT A CANDLE

4

CANDLE BREATHING

Pretend there are birthday candles in front of you.

- Take a deep breath in.
- Breathe out slowly, blowing the candles out one by one.

FUN ANIMAL PRACTICE



We can also make breathing fun by imitating the animal world!

LION BREATHING



STICK YOUR TONGUE OUT
AND, ROAR!

5

LION BREATHING

Pretend you are a lion.

- Take a big breath in through your nose.
- Open your eyes wide.
- Open your mouth as big as you can, stick out your tongue, and ROAR!

BUMBLE BEE BREATHING



HUM LIKE A BEE WHILE YOU
BREATHE OUT

6

BUMBLEBEE BREATHING

Pretend you are a bumblebee.

- Breathe in through your nose.
- Breathe out slowly with your mouth closed while you hum like a bee.

BUTTERFLY BREATHING



BREATHE IN AS YOU OPEN
YOUR ARMS

7

BUTTERFLY BREATHING

- Hold your arms straight in front of you, palms facing each other.
- Breathe in as you open your arms wide like butterfly wings.
- Breathe out as you bring your arms back together.

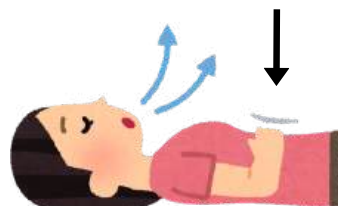
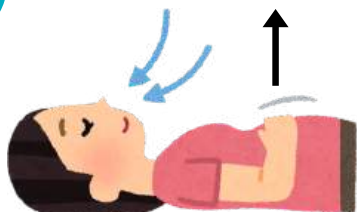
BELLY BREATHING



These are ideas to make belly breathing fun using your imagination or a toy.

8

BALLOON



Imagine your belly is a balloon.

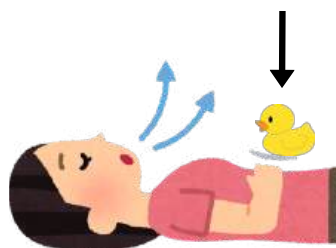
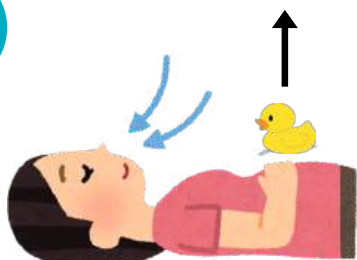
When you breathe in, the balloon gets bigger.

When you breathe out, the balloon gets smaller.

- Place your hand on your belly.
 - Breathe in slowly through your nose and feel your belly rise like a balloon.
 - Hold your breath and count, “1, 2, 3.”
 - Breathe out slowly through your mouth.
-

9

TOY



- Place your favorite small toy on your belly.
- Breathe in slowly through your nose so the toy gently rises.
- Hold for a count of “1, 2, 3.”
- Breathe out slowly through your mouth so the toy lowers back down.

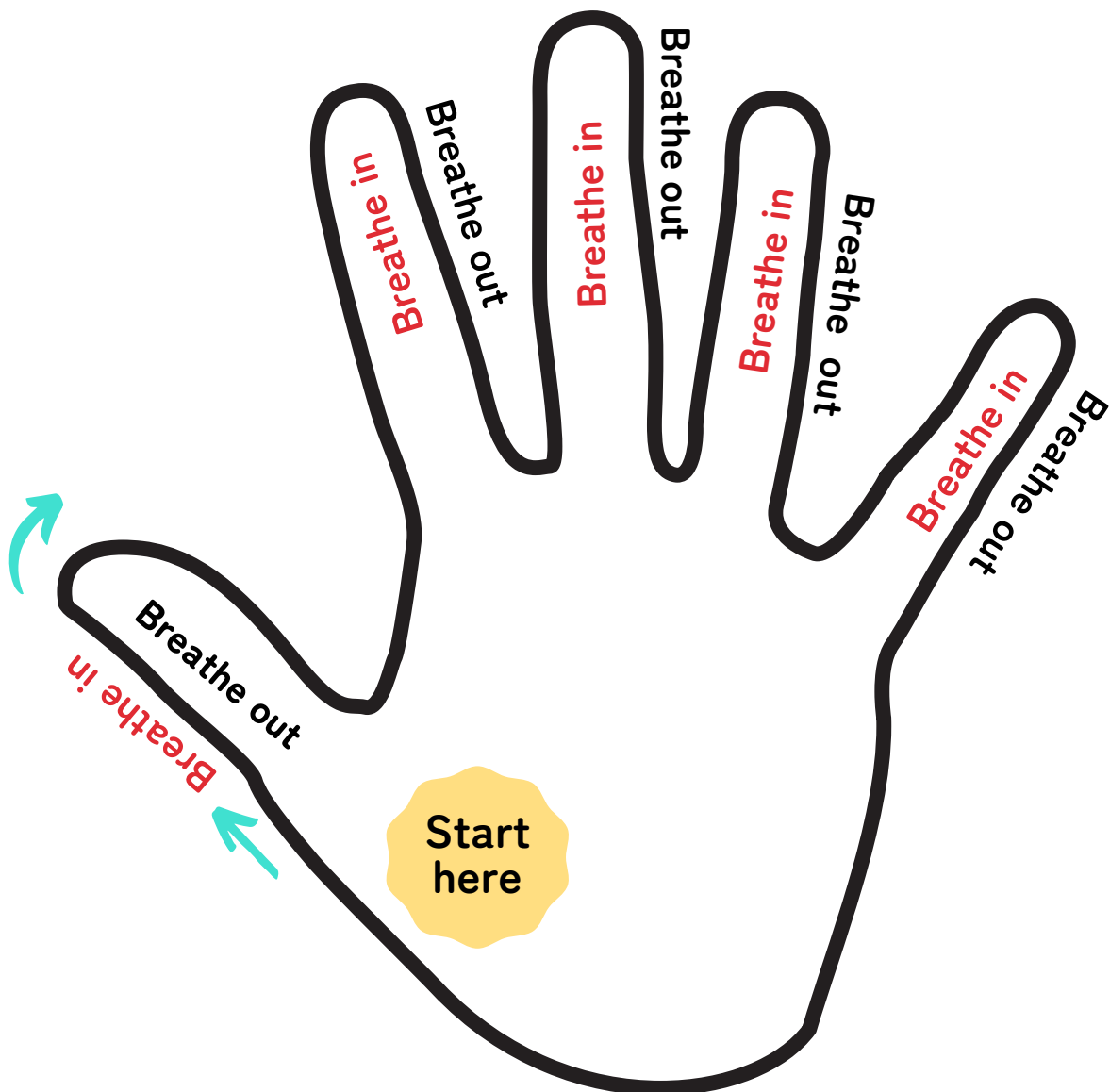
HAND BREATHING



You always carry your hands with you, so this breathing activity can help you calm down anywhere!

10

- Hold one hand up in front of you, fingers spread.
- Use the pointer finger of your other hand to trace around each finger.
- Breathe in slowly as you trace up a finger.
- Breathe out slowly as you trace down a finger.
- Keep going until you have traced your whole hand.



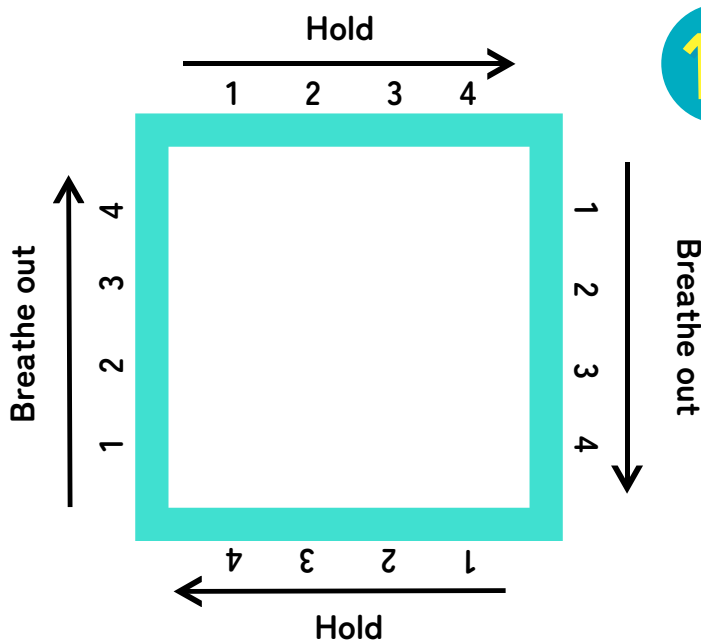
SHAPES BREATHING



For this breathing exercise, you will need a piece of paper and something to draw with.

1. Draw your favourite shape (for example: a square, star, triangle, or heart).
2. Use your finger to trace the shape while you practice deep breathing.

SOME EXAMPLES



11

SQUARE BREATHING:

- Breathe in for 4 as you trace one side.
- Hold for 4 on the next side.
- Breathe out for 4 on the third side.
- Hold for 4 on the last side.



12








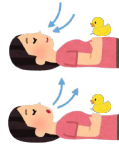


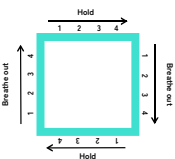

STAR BREATHING:

- Trace the star.
- Breathe in on one line, out on the next.
- Keep going until you finish the star.

BREATHING JOURNAL

Date: _____

Today I tried these breathing exercises:

DEEP BREATHING  PLACE YOUR HAND ON YOUR BELLY TO FEEL IT GROW	BALLOON BREATHING  PRETEND YOU ARE BLOWING A BALLOON SLOWLY	BUBBLES BREATHING  PRETEND YOU ARE BLOWING BUBBLES	CANDLE BREATHING  PRETEND YOU ARE BLOWING OUT A CANDLE	LION BREATHING  STICK YOUR TONGUE OUT AND, ROAR!	BUMBLE BEE BREATHING  HUM LIKE A BEE WHILE YOU BREATHE OUT
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BUTTERFLY BREATHING  BREATHE IN AS YOU OPEN YOUR ARMS	BELLY BREATHING TOY  	BELLY BREATHING BALLOON  	STAR BREATHING  	SQUARE BREATHING  	HAND BREATHING 
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How did they make me feel? Did I feel more relaxed?

When might these exercises help me calm down?

The breathing exercises that work best for me are:

FUN RELAXATION TECHNIQUES



When Annie starts getting mad, she

TENSES & RELAXES
her muscles



Do you remember how we used
breathing to send our body
the message,
“I am feeling calmer”?

We can do something similar — but
this time using our muscles.

Think back to what we learned about
anger signs in our body. How do our
muscles feel when we are angry?



That's right — they feel **TENSE!**

Annie's trick is to calm down by tensing
her muscles and then relaxing them.

FUN RELAXATION ACTIVITIES

THE IDEA IS THAT RELAXING YOUR BODY CAN HELP YOU FEEL CALMER INSIDE.

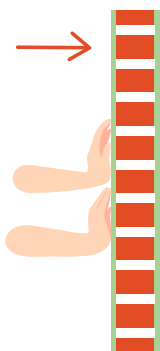


Shall we try?

Remember — you don't need to try them all. These activities are just ideas to help you find what works best for you.



WALL PUSH



PLACE YOUR PALMS ON THE WALL & PUSH FOR 5 SECONDS

1

WALL PUSH

- Stand facing a wall.
- Place your palms flat against it.
- Push hard for 5 seconds.
- Relax your arms and shoulders.
- Repeat as many times as you like.

FUN RELAXATION ACTIVITIES

STRESS BALL



SQUEEZE AND RELEASE A
STRESS BALL

2

STRESS BALL

- Hold a stress ball in your hand.
- Squeeze it tightly.
- Release and relax your hand.
- Repeat a few times.

HUG A SOFT TOY



HUG TIGHT YOUR FAVORITE
SOFT TOY

3

HUG YOUR SOFT TOY

- Take a deep breath in.
- Hug your favorite soft toy tightly.
- Breathe out and loosen your hug.
- Repeat until you feel calmer.

HUG YOURSELF



GIVE YOURSELF A BIG HUG/
HUG YOURSELF TIGHT

4

GIVE YOURSELF A BIG HUG

- Wrap your arms around yourself.
- Give yourself a big squeeze.
- Hold for a few seconds, then relax.
- Repeat until you start to feel more relaxed.

FUN RELAXATION ACTIVITIES

HUG YOUR KNEES



SIT DOWN AND
HUG YOUR KNEES TIGHTLY

5

HUG YOUR KNEES

- Sit on the floor with your feet flat.
- Wrap your arms around your knees.
- Hug them tightly.
- Hold for a few seconds, then relax.

PALM PRESSES



PRESS YOUR PALMS TOGETHER
FOR 5 SECONDS. REPEAT TILL YOU
FEEL BETTER

6

PALM PRESSES

- Press your palms together in front of you.
- Hold for 5 seconds.
- Relax your hands.
- Repeat a few times until you feel calmer.

HAND SQUEEZES



INTERLACE YOUR FINGERS AND
SQUEEZE TIGHT

7

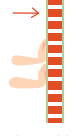






HAND SQUEEZES

- Put your fingers together like you are holding hands with yourself.
- Squeeze your hands tightly.
- Let go and relax.
- Repeat as needed.

RELAXATION JOURNAL

Date: _____

Today I tried these relaxation exercises:

WALL PUSH	STRESS BALL	HUG A SOFT TOY	HUG YOURSELF	HUG YOUR KNEES	PALM PRESSES	HAND SQUEEZES
						
PLACE YOUR PALMS ON THE WALL & PUSH FOR 5 SECONDS	SQUEEZE AND RELEASE A STRESS BALL	HUG TIGHT YOUR FAVORITE SOFT TOY	GIVE YOURSELF A BIG HUG/ HUG YOURSELF TIGHT	SIT DOWN AND HUG YOUR KNEES TIGHTLY	PRESS YOUR PALMS TOGETHER FOR 5 SECONDS. REPEAT TILL YOU FEEL BETTER	INTERLACE YOUR FINGERS AND SQUEEZE TIGHT
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How did they make me feel? Did I feel more relaxed?

When might these activities help me calm down?

The relaxation activities that work best for me are:



You can also print your favourite relaxation activity cards from the end of this pack. They will help remind you what to do when you feel like you are starting to lose control.



TAKING A BREAK



Emily finds that

TAKING A BREAK

helps her calm down



Sometimes, when you feel angry, you just need to step away from whatever made you upset.

WE CAN TAKE A BREAK BY:

- 1** **WALKING AWAY** from the place or situation that made you feel angry or upset. (We can call this a “change of scene.”)
- 2** **STARTING A FUN ACTIVITY** to help your mind focus on something else.
- 3** Or doing **BOTH!**

Check out the ideas that work for me.
Then choose which ones you would like to add to
your calm-down card set.



TAKING A BREAK

"CHANGE OF SCENE"



When you are near the person or thing that made you feel angry, it can be hard to calm down.

If you keep looking at the broken toy, you might feel that anger rise up again.

If you hear your sibling's voice, it might remind you of the argument you just had.

In moments like this, it can really help to **move to a different place** — another room, a calm-down corner, or even outside.

Changing your scene can help your mind reset and make it easier to start feeling calm again.

GO TO YOUR ROOM
OR
CALM DOWN CORNER



GO TO A QUIET PLACE WHERE YOU
CAN CALM DOWN, LIKE YOUR
BEDROOM OR A CALM DOWN
CORNER

STEP OUT TO
THE GARDEN



BREATH SOME FRESH AIR!

GO FOR A WALK



WALK AWAY FROM THE SITUATION
THAT ANNOYED YOU

TAKING A BREAK: NEW ACTIVITY



A new activity can be a great distraction. It helps move your mind away from what made you feel upset and gives you something positive to focus on instead.

Here is a list of fun activities that I find helpful:

WATCH TV



WATCH ONE OF YOUR FAVORITE TV PROGRAMS

PLAY COMPUTER GAMES



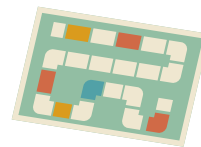
HAVE FUN WITH COMPUTER / VIDEO GAMES

READ A BOOK



READ AN INTERESTING BOOK OR HAVE SOMEONE READ A STORY TO YOU

PLAY BOARD GAMES



PLAY A BOARD GAME WITH YOUR PARENTS, FRIENDS OR SIBLINGS.

PLAYDOUGH/CLAY



PLAY WITH PLAY DOUGH OR MODEL WITH CLAY

MAKE A DRAWING



MAKE A COOL DRAWING

SING OUT LOUD



SING OUT LOUD

PLAY WITH A FIDGET TOY



PLAY WITH A FIDGET SPINNER OR ANOTHER FIDGET TOY THAT YOU LIKE

LISTEN TO MUSIC



LISTEN TO YOUR FAVORITE SONGS

ARTS & CRAFTS



DO SOME ARTS & CRAFTS

What activities could help you forget you were mad?
You can choose from my list or think of your own ideas.

BURN IT OUT



When Tim feels he is about to explode, he always tries to burn the anger out with **EXERCISE.**



When we get angry, our bodies fill up with a lot of negative energy.

Exercise helps in two important ways:

- 1 It burns off that extra energy.
- 2 It makes your brain release chemicals called endorphins, which help you feel happy and relaxed.



"BURN IT OUT" PLAN

What exercise could you do when you feel like you are about to lose control?



You might need different plans for different places.

At school – you could walk up and down the stairs or take a brisk walk around the school grounds.

At home – you could use a static bike or put on music and dance like crazy!

Write your own ideas below:

AT HOME

AT SCHOOL

DEALING WITH YOUR THOUGHTS



Victor likes to use the power of his

MIND

to deal with angry thoughts.



Whenever I feel like I can't fix what is bothering me, I use my brain to help me handle it.

Victor has two tricks that work well for him:

1

I **CHANGE** my thoughts

I try to turn my angry thoughts into calmer or more helpful ones.

2

I **THROW AWAY** my angry thoughts

I imagine getting rid of them so they don't stay in my head.

These tricks help Victor feel more in control. Even if he can't fix the problem, he still feels like he's doing something to help himself.

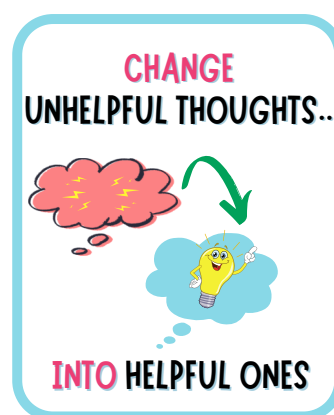


Sometimes my thoughts make me feel more angry. I can use my imagination to change them into **HAPPIER** or more **HELPFUL** thoughts.

CHANGING YOUR THOUGHTS

1 USING THE POWER OF YOUR BRAIN

There are two ways you can do this:



1. Think happy thoughts

Imagine a favourite place, remember a funny joke, or think about a fun activity you like.

2. Turn unhelpful thoughts into helpful ones

Notice what you are thinking and change it into something that will help you instead of upset you.

LET'S PRACTICE TURNING UNHELPFUL THOUGHTS
INTO HELPFUL ONES.



UNHELPFUL THOUGHT



I hate being told to do homework.

He pushed me because he is nasty.

My picture got ruined so all my work is wasted.

I'm not allowed TV so the evening will be boring.

HELPFUL THOUGHT



If I finish my homework now, I will have more time to play later.

Maybe it was an accident. I can tell him it hurt and ask him to be more careful.

I can start again and maybe make it even better this time.

I can use the time to do something else I enjoy.

UNHELPFUL THOUGHT



HELPFUL THOUGHT



Sometimes I find it difficult to use my imagination because it's too full of angry thoughts. When that happens, I use pictures and images instead.



Check out this **great idea** for you!



2 LOOKING AT YOUR HAPPY MEMORIES ALBUM

- Make an **album** with pictures and memories of all the things that make you feel happy.

Other ways to make sure your happy memories are always easy to find:

- A **happy memories box**
- A **happiness wall or happiness board**

How to use it:

- When you start to feel angry, upset, or sad, open your album, box, or wall.
- Look at the pictures slowly, one by one.
- Take a deep breath as you remember the good times in each photo.
- Think about the people, places, or activities in the pictures, and how they made you feel happy.

LOOK AT YOUR HAPPY THOUGHTS ALBUM



**SUPER TOOL: AN ALBUM
WHERE YOU CAPTURE YOUR
HAPPY MEMORIES**



Sometimes, when I can't find a way to fix my problem, I just throw my angry thoughts away.

YES! I THROW AWAY MY ANGRY THOUGHTS.

THROW YOUR THOUGHTS AWAY



THROW YOUR ANGRY THOUGHTS IN THE BIN

1 USING MY IMAGINATION

I pretend to grab my angry thoughts from my head and throw them into the rubbish bin.

Sometimes I imagine flushing them down the toilet.

TEAR UP YOUR ANGRY THOUGHTS



WRITE DOWN WHAT MAKES YOU MAD AND TEAR UP THE PAPER

2 WRITING DOWN MY ANGRY THOUGHTS

I take a piece of paper and a pen and write down what is making me mad.

Then I can:

- Tear up the paper.
- Throw it in the rubbish bin
- Put it away in my feelings box.

SENSORY STRATEGIES



Emma has learnt to use her

SENSES

to make her angry feelings disappear.



Do you know what our
SENSES are?

Our senses send information to our brain
about the world around us.

They allow us to experience the world through:

EYES



SIGHT

EARS



HEARING

NOSE



SMELL

TONGUE

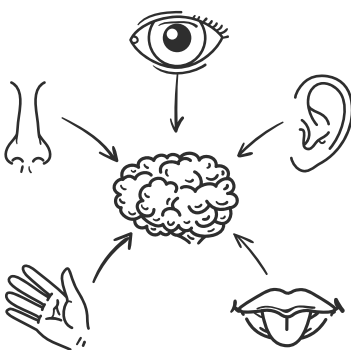


TASTE

SKIN



TOUCH



The awesome news is that we can
use each of our senses to send
calm and happy messages to
our brain.

SENSORY STRATEGIES



You can use your **eyes** to help you calm down when you feel upset or unsettled.



LAVA LAMPS



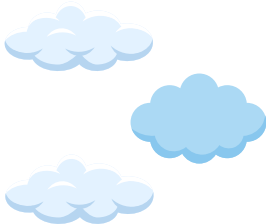
LOOK AT THE RELAXING
MOTION OF A LAVA LAMP

1

LOOK AT A LAVA LAMP

Watch the slow, relaxing movement of the lava inside the lamp.

WATCH THE CLOUDS



LOOK AT THE CLOUDS
MOVING AWAY

2

WATCH THE CLOUDS IN MOTION

Lie down and look at the sky.

See how the clouds move and change shape. Imagine your thoughts are like those clouds – if you let them go, they will slowly drift away.

SENSORY BOTTLES



GRAB YOUR MESMERIZING
SENSORY BOTTLE

3

SENSORY BOTTLES

Hold a sensory bottle and watch the glitter or beads move around inside. The gentle motion can help your mind and body feel calm.

SENSORY STRATEGIES



You can also use your sense of **smell** to help you calm down.



LISTEN TO MUSIC



LISTEN TO SOME MUSIC
THAT WILL HELP YOU RELAX

LISTEN TO MUSIC

4

Music can help you feel calm and relaxed. Put on your favorite songs and let the music help you cool down.

RELAXING SOUNDS



LISTEN TO THE SOOTHING
SOUNDS OF NATURE

LISTEN TO SOOTHING SOUNDS

5

Nature is full of relaxing sounds, like water flowing or birds singing. Close your eyes and listen carefully.

LISTEN TO AN AUDIOBOOK



LISTEN TO A FUN OR
INTERESTING AUDIOBOOK

LISTEN TO AN AUDIOBOOK

6

A good story can take your mind away from what is making you upset. Choose an audiobook you enjoy and listen while you relax.

SENSORY STRATEGIES



Some **scents** can help us feel calm and relaxed. Lavender, jasmine, and vanilla are my favourites.



SOOTHING SMELLS



SMELL THOSE SCENTS THAT HELP YOU CALM DOWN

7

SOOTHING SMELLS

Some smells can help you feel calm. You could smell flowers in your garden, a nice candle, or even something tasty from the kitchen.



And believe it or not, even your sense of **taste** can help you calm down.



INDULGE YOURSELF



SOMETIMES IT'S OK TO TREAT YOURSELF...

8

GIVE YOURSELF A LITTLE TREAT

Sometimes a small treat can help you feel better. A warm drink, a piece of fruit, or a favourite healthy snack can help you relax.

SENSORY STRATEGIES



Touch can give our body different sensations, like pressure, warmth, or vibration, that help us relax.



WEIGHTED BLANKET



COVER YOURSELF WITH A WEIGHTED BLANKET

9

WEIGHTED BLANKET

A weighted blanket gives gentle pressure, like a hug. It can help you feel calm and even make it easier to fall asleep.

WEIGHTED PUPPY



HOLD A WEIGHTED PLUSH TOY

10

WEIGHTED PUPPY

A cuddly weighted toy can help you relax. You can choose any weighted animal you love.

HIDE IN A BODY SOCK



11

BODY SOCK

A body sock is a stretchy fabric you can get inside. It gently squeezes your body and helps you feel calm.

SENSORY STRATEGIES



Here are more ways to use your sense of **touch** to calm down:



ASK FOR A MASSAGE



GET A RELAXING MASSAGE

12

MASSAGE

Ask a parent or sibling for a gentle head, shoulder, or foot massage to help your body feel calmer.

HAVE A BATH



LET THE WATER CARESS YOU AND THE SCENTS SOOTHE YOU

13

HAVE A BATH

Let warm water relax you. You can add bath oils or bubble bath for a soothing smell as well.

PLAY WITH PLAY DOUGH



PUSH, ROLL & FLATTEN YOUR PLAY DOUGH TILL YOUR ANGER GOES AWAY

14

SQUEEZE AND RUB YOUR PLAYDOUGH

Squash, roll, and flatten your playdough until you feel calmer and more relaxed.

SENSORY STRATEGIES

15

My favorite activity is called

5 4 3 2 1



IT ALWAYS WORKS FOR ME!

It helps me stop thinking about what made me cross because it moves my attention to what I can see, hear, smell, taste, and feel around me.

How to do it:

1. Take a deep breath in, then slowly breathe out.
2. Look around you and name:

5 THINGS THAT YOU CAN SEE



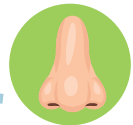
4 THINGS THAT YOU CAN FEEL



3 THINGS THAT YOU CAN HEAR



2 THINGS THAT YOU CAN SMELL



1 THING THAT YOU CAN TASTE





NAME...

5

THINGS THAT YOU CAN SEE



4

THINGS THAT YOU CAN FEEL
(OR TOUCH)



3

THINGS THAT YOU CAN HEAR



2

THINGS THAT YOU CAN SMELL



1

THING THAT YOU CAN TASTE



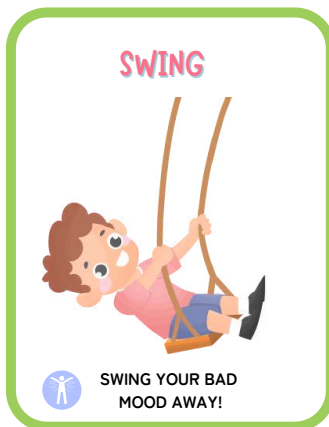
SENSORY STRATEGIES



Another cool sense is the one that gives us information about movement. It's called the **vestibular** sense.



Movement like jumping and swinging can also help us calm down:



16

SWING YOUR BAD MOOD AWAY

Swinging can help you relax. My garden has a swing, and I've spent a lot of time swinging to calm down.



17

JUMP ON A TRAMPOLINE

Jump up and down on a trampoline until you forget what made you cross!

WHAT ARE YOUR FAVORITE SENSORY STRATEGIES?



SENSORY JOURNAL

Date: _____

Strategies I practiced:

Best strategies / When will I use them:













MASSAGE



Olivia says nothing soothes her better than a good

MASSAGE.



When I feel unsettled, a massage helps me calm down. I love a gentle hair massage, a back massage, or even a foot massage.

“Well, I guess I just love massage!”



Massage can help in so many other ways:

- When you feel worried.
- When you want a nice sensory feeling.
- As part of your bedtime routine.
- When you just want to relax and feel calm.



MASSAGE

I'm going to share some massage activities that you can do on your own when you want to cool down.



But you can ask your trusted adult for a nice massage too!

ARM MASSAGE



FIRMLY SQUEEZE YOUR ARM,
FROM SHOULDER TO HAND

1

ARM MASSAGE

Firmly squeeze your arm, starting at your shoulder and moving all the way down to your hand.

HAND MASSAGE



USE YOUR THUMB TO PRESS
FIRMLY THE PALM OF YOUR
OTHER HAND

2

HAND MASSAGE

Use your thumb to press firmly into the palm of your other hand. Move your thumb in small circles.

EAR MASSAGE



GENTLY PULL AND RUB YOUR
EAR LOBES

3

EAR MASSAGE

Gently pull and rub your ear lobes. This can help your body relax and feel calmer.

YOGA



My friend Sarah loves **YOGA.**
She says yoga helps her feel
calm and cool



Yoga can:

- Make your body strong.
- Help you stretch and move easily.
- Help you stay healthy.
- Teach you how to take slow, calm breaths.
- Put you in a good mood.
- Show you ways to relax.

And it's **FUN!**

Check out some of my
favorite poses!



YOGA

COW POSE



LIFT YOUR HEAD AND MOVE
BELLY TOWARD THE FLOOR

1

COW POSE

Cow and Cat Poses are usually done one after the other.

- Kneel on your hands and knees.
- Breathe in as you lift your chin and look up.
- Let your tummy drop down.

CAT POSE



SLOWLY RAISE YOUR BACK

2

CAT POSE

- Breathe out as you round your back up towards the ceiling.
- Lower your head so it looks like a cat stretching.

DOWNWARD DOG POSE



FROM ALL FOURS POSITION, TUCK
YOUR TOES UNDER AND LIFT YOUR
HIPS BACK UP AND STRAIGHTEN
YOUR LEGS

3

DOWNWARD-FACING DOG POSE

- Start on your hands and knees.
- Tuck your toes under and lift your hips up, so your body makes an upside-down “V” shape.
- Stay like this for five slow breaths.

YOGA

TREE POSE



BEND YOUR RIGHT KNEE AND PLACE
YOUR FOOT ON THE INSIDE OF
YOUR LEFT LEG

4

TREE POSE

- Bend your right knee pointing out to the side.
- Place your right foot on the inside of your left leg.
- Stay in this pose for a few seconds.

CORPSE POSE



LIE ON THE BACK, EYES CLOSED
AND LEGS SLIGHTLY SPREAD

5

CORPSE POSE

This is an easy and relaxing pose.

- Lie on the back with your eyes closed and the legs slightly spread.
- Rest your arms by your side.

**Would you like to try yoga to see if it helps
you feel calmer?**

Turn to the yoga diary on the next page and give it a go.

**If yoga helps you feel better, you can add
the yoga cards to your calm-down kit.**



MY YOGA JOURNAL

	BREATHING EXERCISES	POSES I TRIED	HOW I FELT
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

TAKE CARE OF YOURSELF



TAKE CARE OF YOURSELF



And last, but not least, it's very important to take good care of yourself. This means:

Getting enough

SLEEP



Heathy

EATING



Doing

EXERCISE



BONUS: EXPRESSING MY EMOTIONS

ANGER SCALES



There is one last tool I want to share with you.

ANGER SCALES


Anger scales help me: **1. Show different levels of anger.**

“
In the first column, I write the clues and signs my body gives me when I am happy, frustrated, or mad.”

2. Plan what I can do to feel better in each situation.

“
In the second column, I write the strategies I can use to go back to feeling good.”

EMOTIONS SCALE & COPING PLAN

	I LOOK LIKE...	I FEEL LIKE...	COPING STRATEGIES
5		I'm really mad! I scream. I hurt myself or others. I spit. I throw things.	Deep breathing Ask for help
4		I'm angry! I shout. I say things that aren't nice.	Go for a run Listen to music 5 4 3 2 1
3		Something bothers me. I frown. I don't feel like smiling.	Problem solving Then..When
2		I'm feeling ok. Everything is fine.	Keep doing what makes me happy!
1		I feel great! I smile. I laugh. I giggle. I'm relaxed.	Keep doing what makes me happy!

Let me show you how I do it on the next page.

ANGER SCALES

I LOOK LIKE..

I FEEL LIKE..

COPING
STRATEGIES

5



I'm really mad!
I scream.
I hurt myself or
others. I spit.
I throw things.

Deep breathing
Ask for help

4



I'm angry!
I shout.
I say things that
aren't nice.

Go for a run
Listen to music
5 4 3 2 1

3



Something
bothers me.
I frown. I don't
feel like smiling.

Problem solving
Then..When

2



I'm feeling ok.
Everything is
fine.

Keep doing
what makes me
happy!

1



I feel great!
I smile. I laugh.
I giggle.
I'm relaxed.

Keep doing
what makes me
happy!

ANGER SCALES

I LOOK LIKE..

I FEEL LIKE..

COPING
STRATEGIES

5



4



3



2



1



CALM DOWN CARDS



CALM DOWN CARDS

are a very useful tool to help you deal with your anger



When your head is full of angry thoughts, it can be hard to remember what to do.

CALM DOWN CARDS are visual cues that:

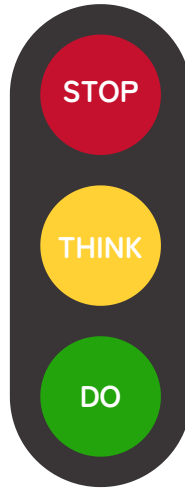
1. Remind you of different ways to calm down.
2. Make it easier to choose what to do next.
3. Help you take action and feel better.

Print and cut out your Calm Down Cards. You can keep them somewhere close, like in your room, your school desk, or your calm-down corner, so they are ready when you need them.

PROBLEM SOLVING INQUIRY

1. What is my PROBLEM?
2. SOLUTIONS
3. CONSEQUENCES
4. CHOOSE
5. DO IT!

PROBLEM SOLVING STOP, THINK, GO



PROBLEM

ALTERNATIVES &
CONSEQUENCES

ACTION BEST ONE

WHEN...THEN RULE

WHEN...THEN RULE



HELP

TALK TO SOMEONE



**SHARE YOUR FEELINGS
WITH SOMEBODY
YOU TRUST**

**BREATHING
EXERCISES**

DEEP BREATHING



**PLACE YOUR HAND ON
YOUR BELLY TO
FEEL IT GROW**

BALLOON BREATHING



PRETEND YOU ARE
BLOWING A BALLOON
SLOWLY

BUBBLES BREATHING



PRETEND YOU ARE
BLOWING BUBBLES

CANDLE BREATHING



PRETEND YOU ARE
BLOWING OUT
A CANDLE

LION BREATHING



STICK YOUR TONGUE OUT
AND ROAR!

BUMBLE BEE BREATHING



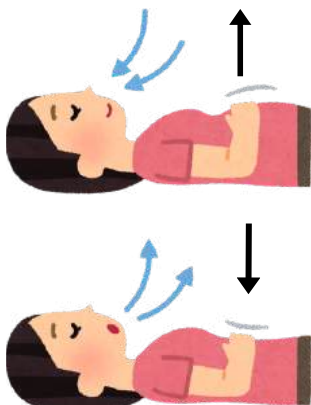
HUM LIKE A BEE WHILE YOU
BREATHE OUT

BUTTERFLY BREATHING



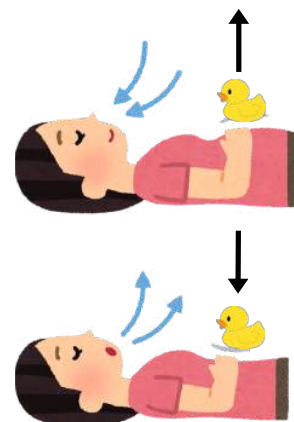
BREATHE IN AS YOU
OPEN YOUR ARMS

BELLY BREATHING BALLOON



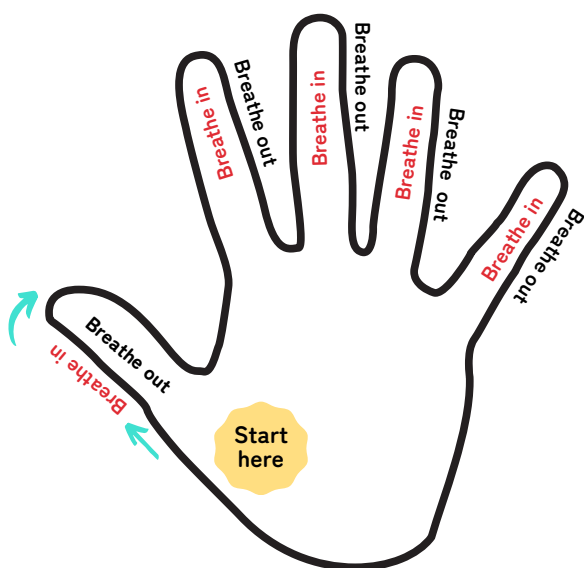
BREATHE IN SLOWLY THROUGH
YOUR NOSE, AND FEEL YOUR
TUMMY GETTING BIGGER

BELLY BREATHING TOY

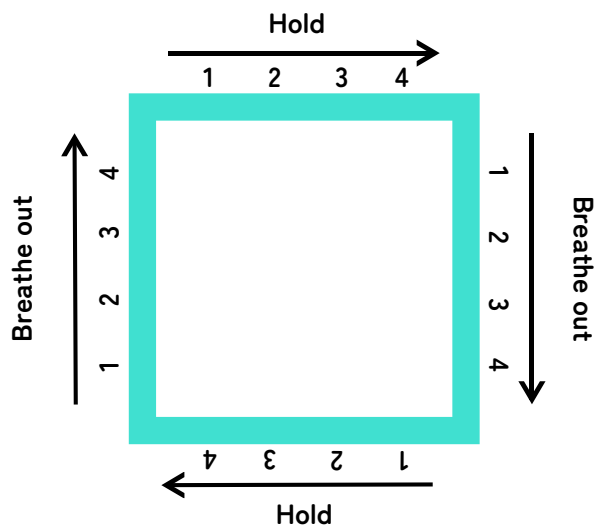


BREATHE IN SLOWLY
THROUGH YOUR NOSE, AND
FEEL YOUR SOFT TOY GO UP

HAND BREATHING



SQUARE BREATHING



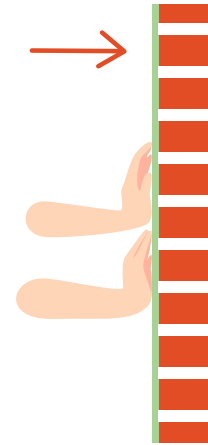
STAR BREATHING



BREATHING EXERCISE:

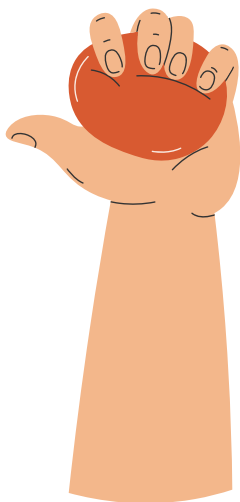
RELAXATION TECHNIQUES

WALL PUSH



PLACE YOUR PALMS ON
THE WALL & PUSH FOR
5 SECONDS

STRESS BALL



SQUEEZE AND RELEASE
A STRESS BALL

HUG A SOFT TOY



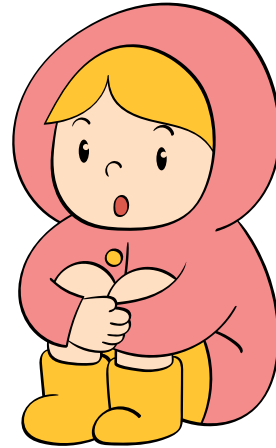
HUG TIGHT YOUR FAVORITE
SOFT TOY

HUG YOURSELF



**GIVE YOURSELF A BIG HUG/
HUG YOURSELF TIGHT**

HUG YOUR KNEES



**SIT DOWN AND HUG
YOUR KNEES TIGHTLY**

PALM PRESSES



**PRESS YOUR PALMS
TOGETHER FOR 5 SECONDS.
REPEAT TILL YOU FEEL
BETTER**

HAND SQUEEZES



**INTERLACE YOUR FINGERS
AND SQUEEZE TIGHT**

TAKING A BREAK

GO TO YOUR ROOM OR CALM DOWN CORNER



GO TO A QUIET PLACE WHERE
YOU CAN CALM DOWN, LIKE
YOUR BEDROOM OR A CALM
DOWN CORNER

STEP OUT TO THE GARDEN



BREATH SOME FRESH AIR!

GO FOR A WALK



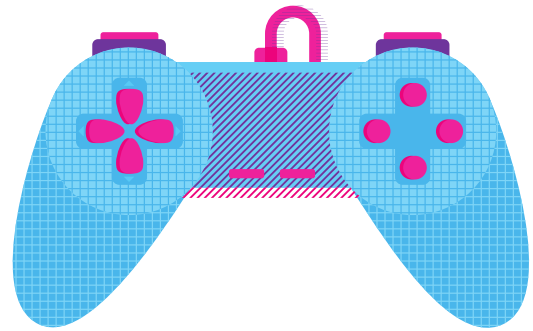
WALK AWAY FROM THE
SITUATION THAT ANNOYED YOU

WATCH TV



**WATCH ONE OF YOUR
FAVORITE TV PROGRAMS**

PLAY COMPUTER GAMES



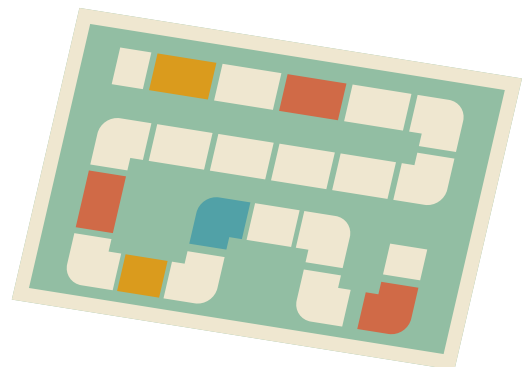
**HAVE FUN WITH COMPUTER /
VIDEO GAMES**

READ A BOOK



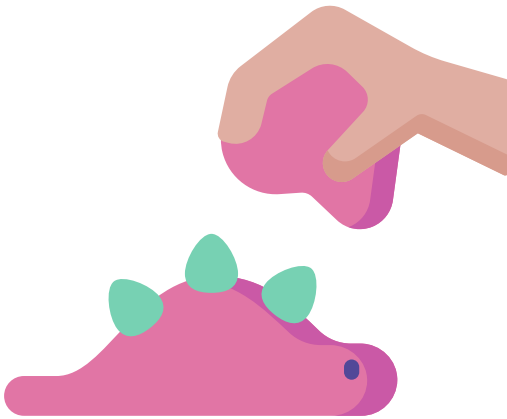
**READ AN INTERESTING
BOOK OR HAVE SOMEONE
READ A STORY TO YOU**

PLAY BOARD GAMES



**PLAY A BOARD GAME WITH
YOUR PARENTS, FRIENDS OR
SIBLINGS.**

PLAY DOUGH/ CLAY



PLAY WITH PLAY DOUGH
OR MODEL WITH CLAY

MAKE A DRAWING



MAKE A COOL DRAWING

SING OUT LOUD



SING OUT LOUD

PLAY WITH A FIDGET TOY



PLAY WITH A FIDGET SPINNER
OR ANOTHER FIDGET TOY THAT
YOU LIKE

LISTEN TO MUSIC



LISTEN TO YOUR
FAVORITE SONGS

ARTS & CRAFTS



DO SOME ARTS & CRAFTS

**FUN BREAK
ACTIVITY:**

**FUN BREAK
ACTIVITY:**

**BURN
IT OUT**

BOUNCE ON A BALL



DANCE



**DANCE LIKE THERE'S NO
TOMORROW**

BIKE RIDING



**GO FOR A RIDE OR USE
A STATIC BIKE!**

GO FOR A RUN



GO FOR A RUN (OR RUN
AROUND THE SOFA!)

SKIP JUMPING



JUMPING JACKS



EXERCISE:

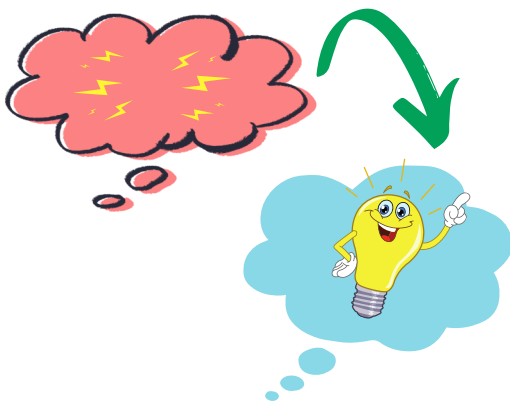
DEALING WITH YOUR THOUGHTS

LOOK AT YOUR HAPPY THOUGHTS ALBUM



SUPER TOOL: AN ALBUM WHERE YOU
CAPTURE YOUR HAPPY MEMORIES

CHANGE UNHELPFUL THOUGHTS..



INTO HELPFUL ONES

CHANGE ANGRY THOUGHTS..



INTO HAPPY ONES

THROW YOUR THOUGHTS AWAY



THROW YOUR ANGRY
THOUGHTS IN THE BIN

TEAR UP YOUR ANGRY THOUGHTS



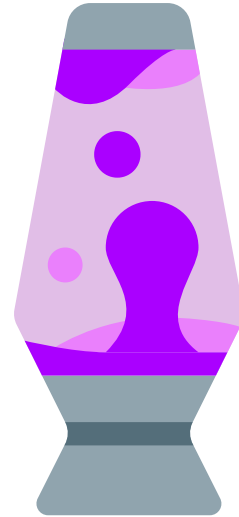
WRITE DOWN WHAT MAKES
YOU MAD AND TEAR UP
THE PAPER

STRATEGIES:

STRATEGIES:

SENSORY STRATEGIES

LAVA LAMPS



LOOK AT THE RELAXING
MOTION OF A LAVA LAMP

WATCH THE CLOUDS



LOOK AT THE CLOUDS
MOVING AWAY

SENSORY BOTTLES



GRAB YOUR MESMERIZING
SENSORY BOTTLE

LISTEN TO MUSIC



**LISTEN TO SOME MUSIC
THAT WILL HELP YOU RELAX**

RELAXING SOUNDS



**LISTEN TO THE SOOTHING
SOUNDS OF NATURE**

LISTEN TO AN AUDIOBOOK



**LISTEN TO A FUN OR
INTERESTING AUDIOBOOK**

SOOTHING SMELLS



**SMELL THOSE SCENTS THAT
HELP YOU CALM DOWN**

INDULGE YOURSELF



SOMETIMES IT'S OK TO
TREAT YOURSELF...

WEIGHTED BLANKET



COVER YOURSELF WITH A
WEIGHTED BLANKET

WEIGHTED PUPPY



HOLD A WEIGHTED
PLUSH TOY

HIDE IN A BODY SOCK



ASK FOR A MASSAGE



GET A RELAXING MASSAGE

HAVE A BATH



LET THE WATER CARESS
YOU AND THE SCENTS
SOOTHE YOU

PLAY WITH PLAY DOUGH



PUSH, ROLL & FLATTEN
YOUR PLAY DOUGH TILL
YOUR ANGER GOES AWAY

5 4 3 2 1

I NAME...

5 THINGS THAT YOU CAN SEE



4 THINGS THAT YOU CAN FEEL



3 THINGS THAT YOU CAN HEAR



2 THINGS THAT YOU CAN SMELL



1 THINGS THAT YOU CAN TASTE



SWING



SWING YOUR BAD
MOOD AWAY!

JUMP ON A TRAMPOLINE



STRATEGIES:



STRATEGIES:



MASSAGE

ARM MASSAGE



FIRMLY SQUEEZE YOUR ARM,
FROM SHOULDER TO HAND

HAND MASSAGE



USE YOUR THUMB TO PRESS
FIRMLY THE PALM OF YOUR
OTHER HAND

EAR MASSAGE



GENTLY PULL AND RUB YOUR
EAR LOBES

YOGA

COW POSE



LIFT YOUR HEAD AND MOVE
BELLY TOWARD THE FLOOR

CAT POSE



SLOWLY RAISE YOUR BACK

DOWNWARD DOG POSE



FROM ALL FOURS POSITION,
TUCK YOUR TOES UNDER AND
LIFT YOUR HIPS BACK UP AND
STRAIGHTEN YOUR LEGS

TREE POSE



**BEND YOUR RIGHT KNEE AND
PLACE YOUR FOOT ON THE
INSIDE OF YOUR LEFT LEG**

CORPSE POSE



**LIE ON THE BACK, EYES CLOSED
AND LEGS SLIGHTLY SPREAD**

POSE:

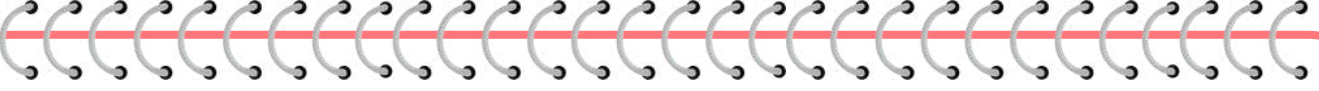
POSE:

STRATEGY:

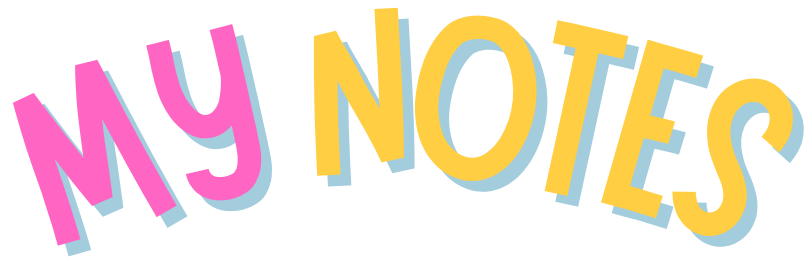
STRATEGY:

STRATEGY:

STRATEGY:



PERSONAL NOTES



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