

Name: _____

Date: _____

Picture Choices: Calm Down Strategies

I can choose a calm down strategy when I feel angry or upset.

Breathe Deeply



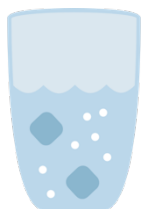
Count to 10



Ask for Help



Drink Water



Draw a Picture



Talk to a Friend



Squeeze a Stress Ball



Write About It



Sing a Song



Think of a Happy Memory



Read a Book



Go to a Quiet Place

