

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**



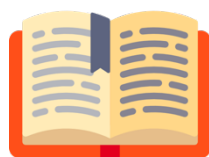
**Sing a Song**



**Think of a Happy Memory**



**Read a Book**



**Go to a Quiet Place**

