

Name \_\_\_\_\_

Date \_\_\_\_\_

# Choose a Calming Strategy

Find a tool that fits the moment

**Directions:** Circle one helpful strategy for each situation. More than one tool may work in real life.



**Calming toolkit:**

Slow breathing

Quiet break

Count to ten

Ask for help

Take a short walk

Positive self-talk

**1 The room feels too loud.**

Ask for a quiet break

Yell across the room

Push past people

**2 You are waiting and your body feels restless.**

Leave without telling anyone

Take slow breaths

Throw an object

**3 A task feels confusing.**

Rip the paper

Say nothing and worry

Ask for help

**4 You feel angry after a disagreement.**

Keep arguing

Pause and get space

Send a mean message