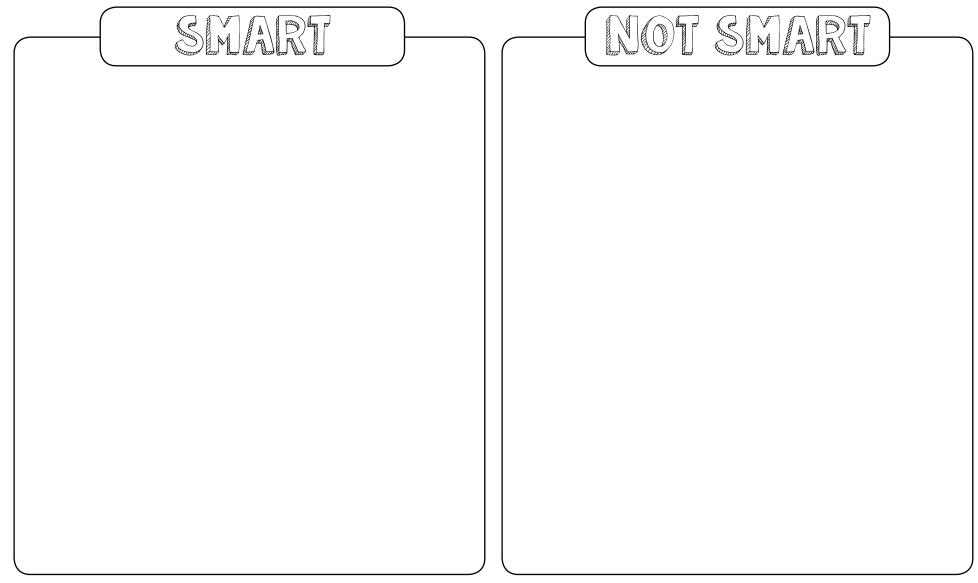
EMOTION REGULATION ACTIVITY: CALM DOWN TOOLS

Directions: Cut out the calm down strategies on the next page. Read each strategy. If you think it's a good strategy for calming down, glue it into the "SMART" box. If you don't think it is a good strategy for calming down, glue it into the "NOT SMART" box.



YELL AT SOMEONE **COUNT** TO 10

> **THROW** SOMETHING

TELL **YOURSELF YOU CAN HANDLE IT**

PUSH THE OTHER PERSON

GO BE BY YOURSELF FOR **A FEW MINUTES**

POUT

CALM YOUR BODY

STOMP YOUR FEET

TAKE DEEP BREATHS