

# CALM DOWN

# T O O L K I T

## Breathe



Blow Bubbles



Blow Out the Candles



Volcano Breathing

## Get Creative



Mad Box



Draw Your Feelings



Sing a Song

Write Lyrics



Paint

## Physical Activity



Run, Jump, Move!



Tear Paper



Splash Water



Freeze an Object



Shake Hands or Body



Flip Upside Down

## Brain Distraction



Tell Jokes / Laugh



Watch the Fish



Glitter Jar



Count

# I AM CONFIDENT & CAPABLE