CALM DOWNOOD OF COOPE

Breathe



Blow Bubbles



Blow Out the Candles



Volcano Breathing

Physical Activity



Run, Jump, Move!



Tear Paper



Splash Water



Freeze an Object



Shake Hands or Body



Flip Upside Down

Get Creative



Mad Box



Draw Your Feelings



Sing a Song

Write Lyrics



Paint

Brain Distraction



Tell Jokes / Laugh



Watch the Fish

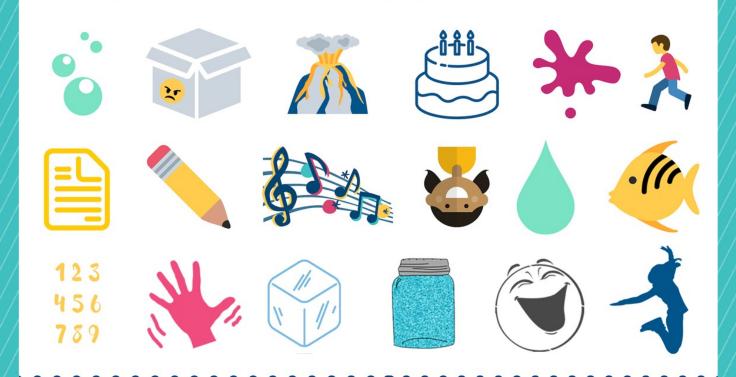


Glitter Jar

123

Count

I AM CONFIDENT & CAPABLE



Get Creative
Breathe
Physical Activity
Brain Distraction
Relax
Move

I AM CONFIDENT & CAPABLE

I WILL RELEASE MY BIG FEELINGS

I AM GRATEFUL

I WILL LEARN FROM MY MISTAKES

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CALM DOWN BOX INSTRUCTIONS

STEP 1

Pick 8-12 items from the Calm Down Box Ideas list and put in a box. Decorate the Box, organize the items however you would like, make special items like a glitter bottle to go inside. Be creative!

STEP 2

Find a special place for the box that is easy to grab whenever you are upset, angry, sad or frustrated.

STEP 3

Make a list of all of your emotions. List as many as you can think of that goes under each category:

Happy Sad Angry

STEP 4

Whenever you are feeling an emotion that is in the sad or angry category, get your Calm Down Box and take items out of it to play with.

While you are playing, take deep breaths in and out.

When you are finished, ask:

How do I feel now?

CALM DOWN BOX IDEAS

Blocks Book Bubbles Calm Down Cards Chew Necklace Chewing Gum Clothes Pins Coloring Book Craft Sticks Crayons Chalk Dice Fabric Felt **Fidgets** Flashlight Fuzzy Balls Glass Beads Glitter Jar Glue Hourglass

Jump Rope Legos Light Up Toys Markers Mirror **Note Cards** Paint and Brush Paper Paper Clips Photo Album Pinwheel **Pipe Cleaners** Playdough Resistance Bands Scissors Spray Bottle Straws Stress Ball Stuffed Animal Tape Tissue Paper