

# When I Feel Mad, Sad, Worried or Unfocused I Can...



Draw or Color



Use a Breathing Board



Try Wave Breathing



Read a Book



Treat Myself with Kindness and Just Breathe



Exercise or Play a Sport



Build Something or Do a Puzzle



Look at Feel-Good Pictures



Get a Hug



Ask for Help



Squeeze Then Relax My Muscles (Try "Rocks & Socks")



Think of 3 (or more) Things I Am Grateful For



Tell Myself a Positive Affirmation or Mantra.



Journal or Write a Letter



Use a Tool from the Calm Box



Get a Drink of Water



Push Against the Wall and Then Relax



Stretch or Do Yoga



Help Someone or Do a Chore



Try 5 Finger Breathing