

Cool Ways to Cool Off When You Are Mad!

--Use a timer to practice until you calm down--

1. Take a deep breath then let it out slowly.
2. Squeeze a stress ball.
3. Talk about it with someone, a stuffed animal, or pet.
4. Write about the situation or write a letter.
5. Draw a picture.
6. Count to ten or higher until you calm down.
7. Squish clay, playdoh, or silly putty.
8. Take a "One Minute Vacation". While not in class imagine going to a favorite place or doing a favorite activity.
9. Sing a Song
10. Walk away or jog in place.
11. Say the alphabet.
12. Dance.
13. Bounce a ball.
14. Listen to your favorite music.
15. Find a place to be alone.
16. Punch a pillow.
17. Blow up a balloon.
18. Concentrate on relaxing one part of your body at a time. Think of positive things you can tell yourself.
19. Tense your muscles for ten counts then relax your muscles for ten counts until you calm down.
20. Mold playdoh, clay, or silly putty to show how you feel.
21. Flip a sand timer and try to relax as you watch the sand fall.
22. Draw how you wish things would turn out.

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