

How I Stay Calm

Caregivers can explain to children that there are many ways to calm down when feeling angry, frustrated, and overwhelmed.



I take a few deep breaths



I hug my buddy



I read a book



I think of happy thoughts



I drink some water



I close my eyes



I explore



I stretch my body



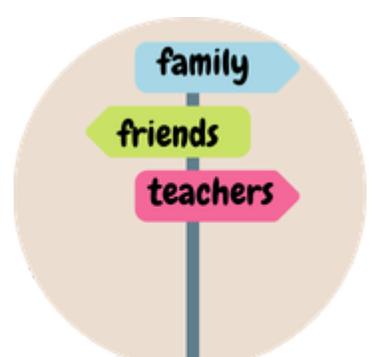
I draw pictures



I count to ten



I have a dance party



I make up my own way