

# CALMING STRATEGIES

When I feel upset, I can choose to..



take deep breaths



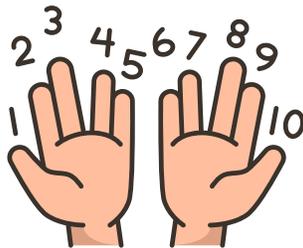
read a book



listen to music



get a drink



count to 10



take a walk



rest on a pillow



think happy thoughts



hug a stuffed animal