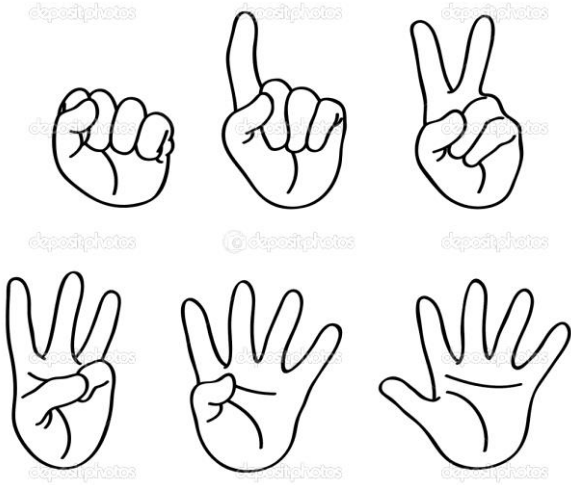




# Calming Down Tricks



Make fist flowers



Have a drink of water



Picture yourself dealing with the situation calmly and strongly



Walk away



Tell yourself to STOP!



Breathe deeply in and out five times