

Cool Down Cards

## SMELL THE PIZZA

Breathe in for 5 secs

Hold for 2 secs


Breathe out for 5 secs

REPEAT



**KEEP CALM**

Praise yourself!



Job well done!

## Calm Corner/Peace Space

Go to the place

Sit quietly

When you feel better,  
join the group




**WAY TO GO!**



## Cool Counting



Count down slowly

When you feel better,  
join the group



10 Mississippi...  
9 Mississippi...  
8 Mississippi...

**FANTASTIC!**



## Talking Ticket

Go to an adult  
Say how you feel  
(upset, angry, etc)

Ask:  
Can I talk to you?



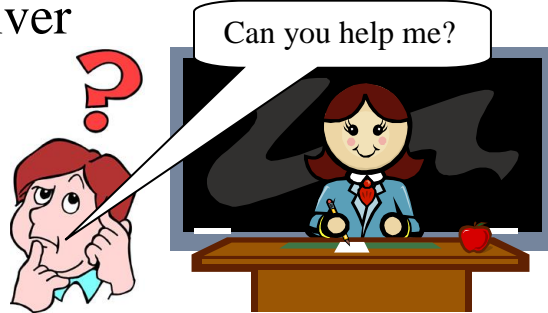
Super Job!



## Problem Solver

Go to an adult

Say:  
I have a problem.  
Can you help me?



Super Job!

