

Take 5 breaths

10, 9, 8, 7, 6, 5,
4, 3, 2, 1

Count backwards
from 10

20, 18, 16, 14,
12...

Count backwards
in 2s from 20



Do some exercise

100, 90, 80, 70,
60...

Count backwards in
10s from 1000



Walk away



Squeeze my playdough
or squidy toy



Think happy thoughts



Go to my quiet area



Ask for help



Clap my hands
together hard and fast



Relaxation exercise



Wash my hands in cold water



Have a drink of water



Listen to music



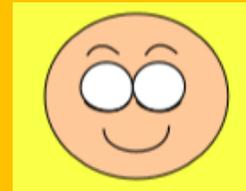
Sing a song



Stop and think



Pretend you are blowing bubbles



Close your eyes and think about your breathing



Imagine you are in a safe place



Imagine you have a turtle shell to protect you



Wrap yourself in a blanket



Imagine you are blowing out a candle



Use a timer