

Calm Down!

Tell your brain, "I am getting mad, I need to calm down."

- 1. Calm - Breath, Count, Think about calming down.**
- 2. Think, "Am I calm?"**
- 3. Problem solve!**

PROBLEM SOLVING SOLUTIONS

walk away and let it go.

Tell them to stop.

wait and cool off.

Go to another activity.

Ignore it.

Talk it out.

Apologize.

Use and I message... "I feel mad because..."

Rock, Paper, Scissors

