

# A COOL KID JOURNAL

ANGER MANAGEMENT FOR KIDS



WORKBOOK + COPING CARDS



# A COOL KID JOURNAL

## WORKBOOK + COPING CARDS

ANGER MANAGEMENT FOR KIDS THAT WANT TO FEEL COOL!

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### Disclaimer:

- The purpose of this document is to share information that may be useful when dealing with anger.
- It is not meant to be a substitute for professional advice and I am not in any way giving any type of professional service.
- If professional or other expert advice is required, the services of a competent professional should be sought.
- While some tips may work wonders for some kids, they may not work for others.
- I´ve made my best efforts to compile accurate and up to date information, but I can´t guarantee that this will always be the case.



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Hey, there!

Do you ever feel your anger goes from zero to a hundred in just a few seconds?

It used to happen to me.

**ALL THE TIME!**

But I've learnt a few cool little tricks that have helped me master the ART of STAYING CALM & COOL!



Would you like to learn how to tame the angry monster in you?

Let's become

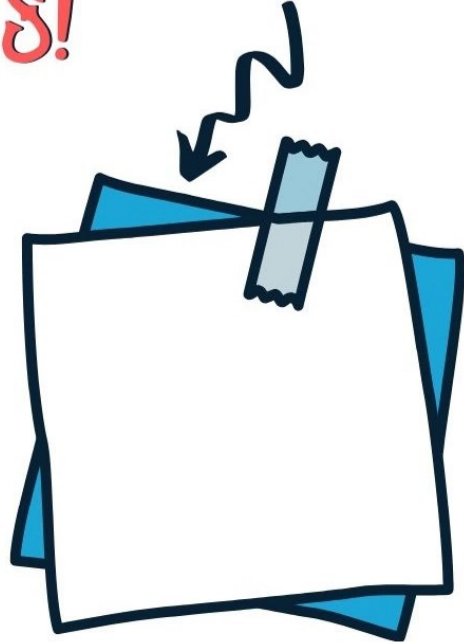
**JOURNAL BUDDIES**

and I'll share what works for me and my buddies!

But, first things first!  
Let's get to know each other!

# JOURNAL BUDDIES!

HERE IS WHERE YOU  
TELL ME ABOUT  
YOURSELF!



NAME: Mike

AGE: 12

I LIVE IN: New Zealand

(a cool little place down  
under!)

I LIKE: eating pizza, going to  
the beach and meeting up  
with my friends.

NAME:

AGE:

I LIVE IN:

I LIKE:

YOU HAVE IN YOUR HANDS  
**WORKBOOK + JOURNAL**  
**+ CARDS**  
ALL IN ONE!



This is what you will learn and practice in each section:

## 1. UNDERSTANDING YOUR ANGER

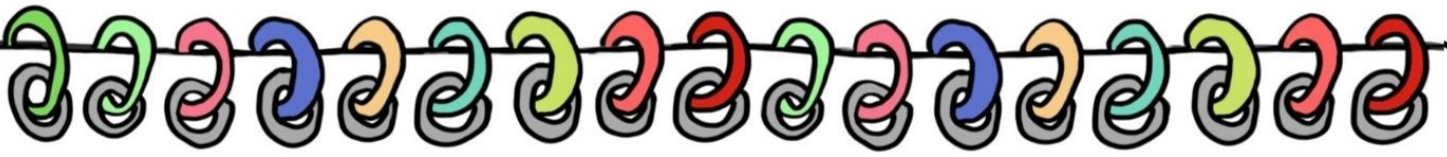
1. **LEARN** ABOUT ANGER
2. **THINK** ABOUT YOUR OWN ANGER, USING YOUR COOL KID JOURNAL

## 2. DEALING WITH YOUR ANGER

1. **LEARN** STRATEGIES TO HELP YOU DEAL WITH YOUR ANGER
2. **PRACTICE** THOSE STRATEGIES
3. **THINK** ABOUT WHAT DOES AND DOESN'T WORK FOR YOU
4. **ACTION** WHAT YOU LEARN

## 3. CALM DOWN CARDS

EACH CALMING STRATEGY HAS ITS OWN CALM DOWN CARD. YOU CAN PRINT YOUR FAVORITE STRATEGIES AND KEEP THEM IN AN EASY-TO-REACH SET.

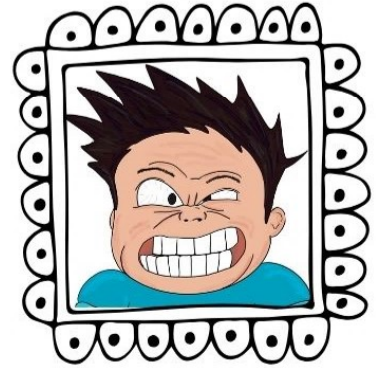


PART 1.

UNDERSTANDING  
MY  
ANGER

# WHAT IS ANGER?

I guess this looks **BAD**



But, let me tell you something that will blow your mind.

## ANGER IS GOOD !

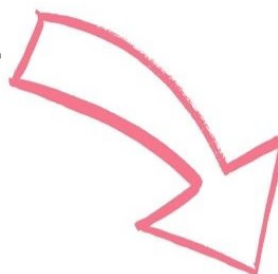
I KNOW! IT'S SO HARD TO BELIEVE!

Anger is an **EMOTION**

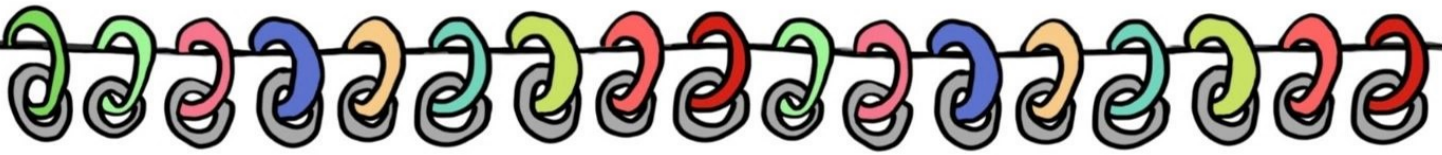
Our emotions have important jobs to do.

Anger is just how your body tells you that something is bothering you. It also gives you the energy you need to do something about it .

Let's see how anger works.







Let's explore the  
**CYCLE OF ANGER**

**1 BAD!**

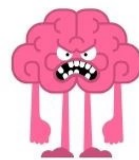
Something frustrating, unpleasant or bad happens. This is what we call **ANGER TRIGGERS**



Your brain triggers an alarm that says: **ATTACK** or **DEFEND**  
Anger is starting its job!



You start feeling an energy charge:  
your **ANGER SIGNS:**



**NEGATIVE THOUGHTS**

**PHYSICAL ANGER SIGNS**



**4**



All the energy build up (angry thoughts, feelings, and your body reaction) moves you to **DO** something. It is your **BEHAVIOR RESPONSE**



# ANGER TRIGGERS

**ANGER TRIGGERS**  
ARE THOSE THINGS THAT  
MAKE YOU GET MAD



Understanding your anger triggers may help you because:

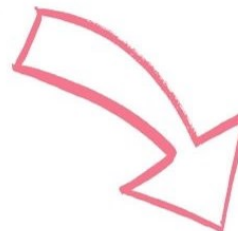
- you may be able to avoid some situations /events that are likely to get you mad
- you identify the need to use your calming strategies before things get out of control
- knowing what is going on helps us feel better

WHAT ARE THE THINGS THAT MAKE YOU  
ANGRY?



_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Check out the list on the next page for a few more ideas.  
Tick as many triggers as you wish.



# SOME THINGS THAT MAKE ME MAD!

## FRUSTRATION

- Losing in a game
- Not getting good marks in an exam
- Failing to perform during an activity
- Can't go outside
- Waiting
- Being told no
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## A BAD SITUATION

- Pain / Getting hurt  
Fear / Being scared
- Feeling tired
- Anxiety
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## INJUSTICE

- Somebody does something wrong to me/somebody
- Somebody cheating in a game
- Somebody makes fun of me
- Being left out
- Feeling ignored
- \_\_\_\_\_
- \_\_\_\_\_

## I WANT TO DO SOMETHING ELSE

- I'm not allowed to... (e.g. watch tv, go out with friends)
- Stopping an activity I enjoy
- Going to school
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# ANGER SIGNS

**ANGER SIGNS** ARE THOSE  
SIGNALS THAT YOUR BODY SENDS  
YOU TO LET YOU KNOW THAT YOU  
ARE MAD.



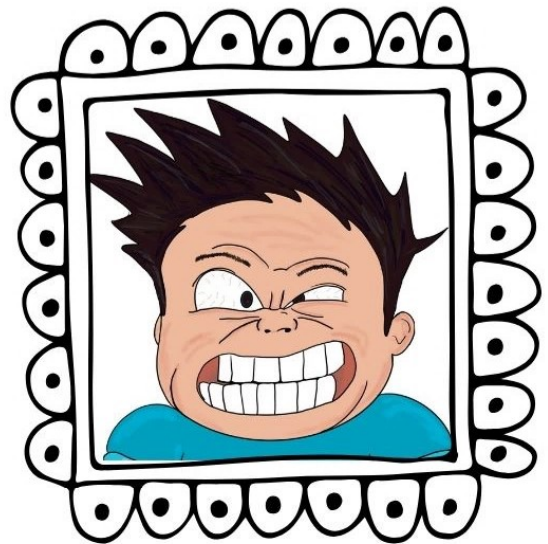
Understanding your anger signs may help you by:

- signaling the need to remove yourself from some anger-triggering situations
- helping you identify the need to use coping strategies when facing those triggers/situations
- making you feel better because you understand what is going on

# ANGER SIGNS

## MY BODY TELLS ME I'M MAD WHEN...

- 🔥 My brain is full of angry thoughts
- 🔥 I'm feeling full of energy
- 🔥 I feel I can't control myself
- 🔥 I feel like shouting
- 🔥 My muscles tighten:
  - I close my fist
  - I tense my jaw muscles
  - I frown
- 🔥 My breathing becomes faster
- 🔥 My heart beats really fast
- 🔥 My face may redden
- 🔥 My ears feel hot
- 🔥 My voice changes, is louder
- 🔥 I talk faster or even the opposite, I can't talk.
- 🔥 My face also tells me I'm angry:
  - My eyebrows contract and go down at the nose end
  - My eyes tense and become narrowed
  - My lips contract and tighten
  - My nostrils get bigger and rounder



# ANGER SIGNS

Stand in front of the mirror and think about something that has made you feel mad.

What do you see? How does your face look? How do you feel? Is your heart beating faster?



A large rectangular area with a pink border and rounded corners, containing ten horizontal lines for writing.

# ANGER SIGNS

COULD YOU IDENTIFY EMMA'S ANGER SIGNS?

My ears turn  
\_\_\_\_\_

My eyebrows  
\_\_\_\_\_

My nose  
\_\_\_\_\_

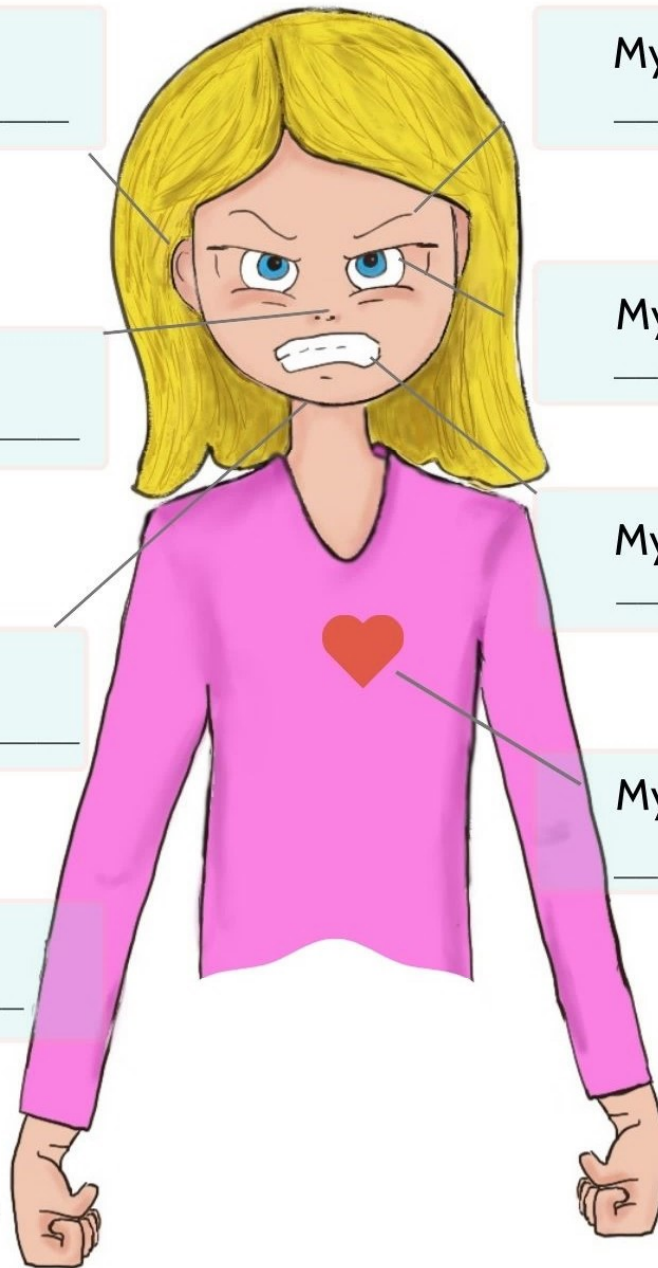
My eyes  
\_\_\_\_\_

My jaw muscles  
\_\_\_\_\_

My lips  
\_\_\_\_\_

My hands  
\_\_\_\_\_

My heart beats  
\_\_\_\_\_





# MY ANGER RESPONSE



ANGER  
IS  
GOOD

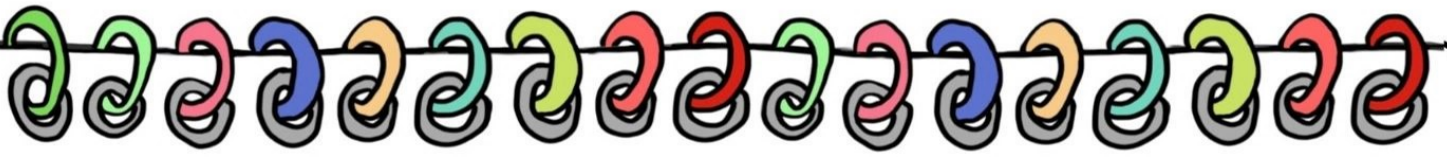


ANYTHING  
IS  
ALLOWED

Anger is good because it signals the need to correct something.

**BUT** that doesn't mean we can do whatever we want!

There are good and bad ways to deal with your anger.



# IT'S NOT OK

Can you think of things that are NOT OK, even if you feel really angry?

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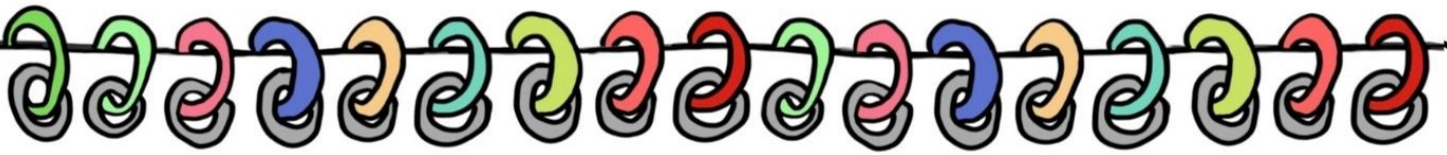
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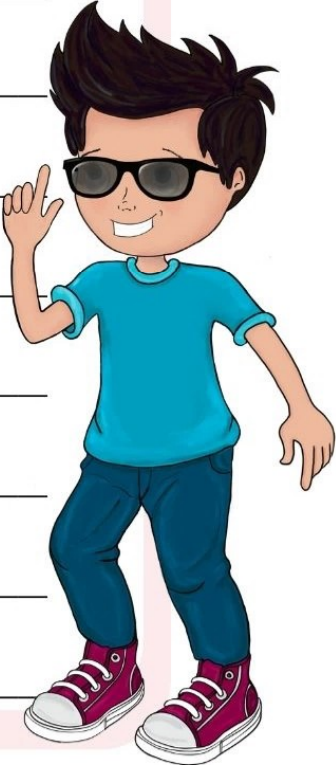




# IT'S OK

Can you think of what things you can do instead?

Blank lined area for journaling.

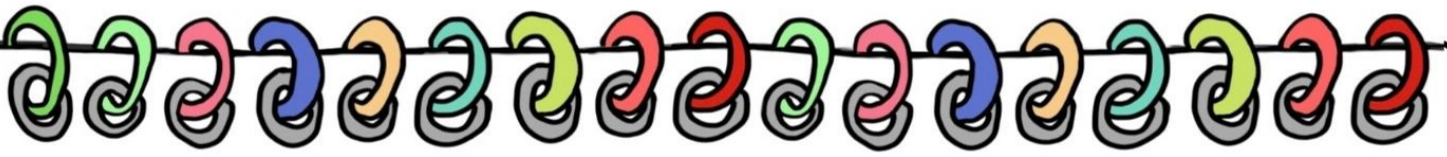


# LET'S JOURNAL!

Think about last time you felt mad. Then, fill in the next page.

You can use "My Journal" pages each time you need to journal about your angry feelings.





Date: \_\_\_\_\_

# MY JOURNAL

## TRIGGER

What made me angry?

---

---

---

## THOUGHTS

What were my thoughts?

---

---

---

## FEELINGS

How did I feel?

---

---

---

## BODY SIGNS

What did my body do?

---

---

---

## ANGER SCALE

How big was my anger?

0= none /

5= extreme

---

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---

## MY RESPONSE

What did I do?

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## FEELINGS (2)

How did I feel about my acts?

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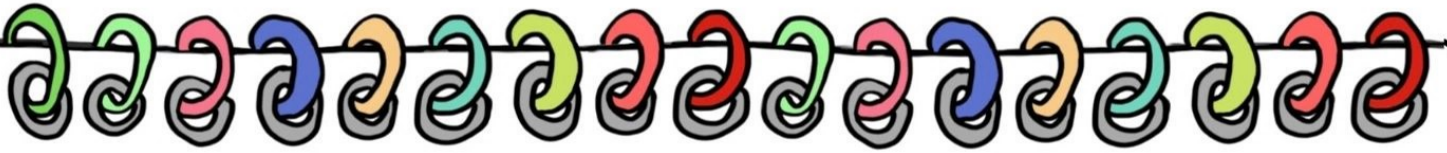
## NEXT TIME

Anything I wish to change in the future?

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WEEK  
\_\_\_\_\_

# MOOD TRACKER

## TRIGGERS

What made me angry?

## ANGER SCALE

How big was my anger?  
0= none / 5= extreme

## MY RESPONSE

What did I do?

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PART 2.

# DEALING WITH MY ANGER:

## COPING STRATEGIES



EVERY STRATEGY YOU WILL LEARN IN THIS SECTION HAS ITS OWN CALMING CARD IN SECTION 3.

YOU CAN USE YOUR CARDS AS VISUAL REMINDERS OF WHAT HELPS YOU FEEL CALMER.



## WHAT ARE COPING STRATEGIES?

Coping strategies are all those things we do to manage our thoughts, feelings, and actions when we experience anger

My friends and I are going to share with you **HEALTHY** coping strategies to help you deal with your anger and frustration.



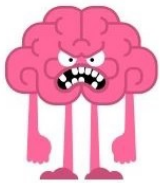
Not every strategy will work for you. Explore, practice, journal and decide which ones are best for YOU.

# DEALING WITH MY ANGER

But before we move into our strategies....



Let's think again about those signals that help us recognize that we are getting upset.



NEGATIVE  
THOUGHTS



PHYSICAL ANGER  
SIGNS



The strategies you are about to learn will help you deal with your thoughts and your body



- PROBLEM SOLVING
- SELF-INSTRUCTIONS
- DEALING WITH THOUGHTS
- TAKING A BREAK

- BREATHING
- RELAXATION
- BURN IT OUT
- USING SENSES
- MASSAGE



# COPING STRATEGIES



Let's now meet my friends and learn what strategies help them tame their angry monster.



William:  
BREATHING



Victor:  
TAMING  
THOUGHTS



Annie:  
RELAXATION  
TECHNIQUES



Emma:  
USING YOUR  
SENSES



Emily:  
TAKING A BREAK



Olivia:  
MASSAGE



Tim:  
BURN IT OUT



Sarah:  
YOGA

PROBLEM SOLVING  
SELF-INSTRUCTIONS  
ASKING FOR HELP

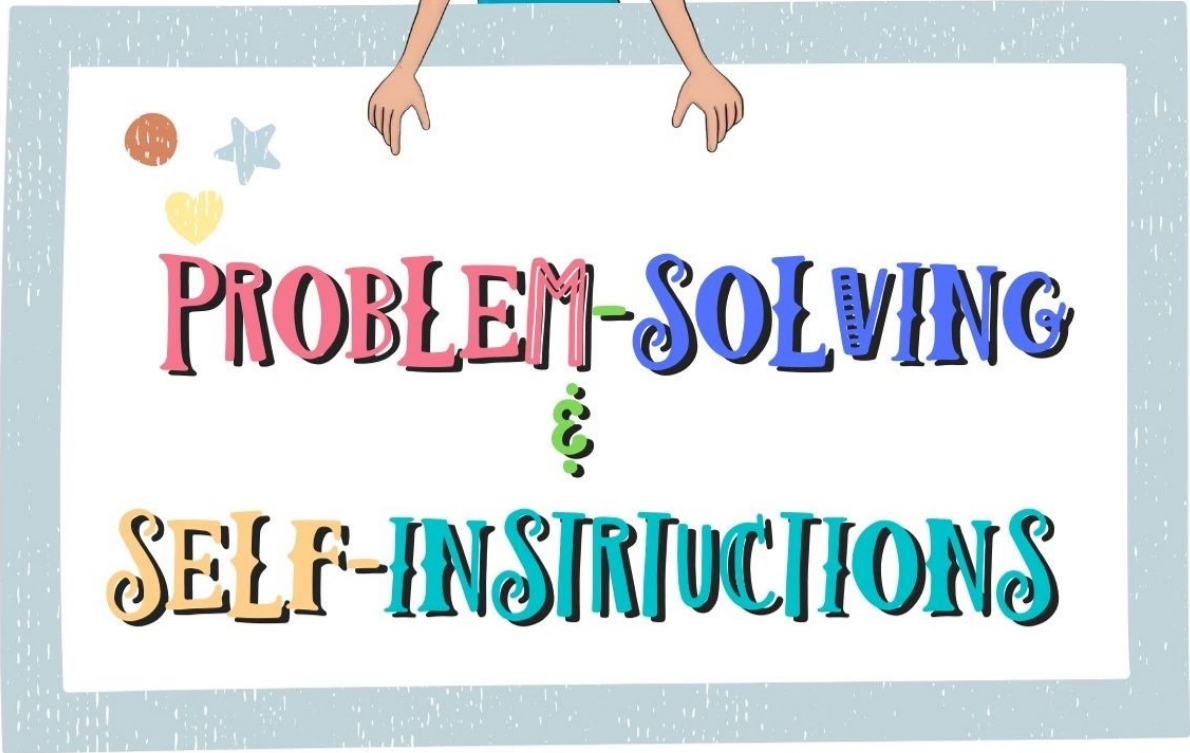
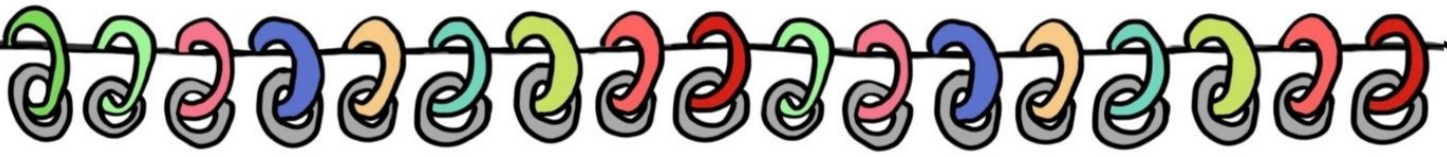



Me!

# COPING STRATEGIES CHECKLIST

- 1 Problem solving
- 2 When...Then Rules
- 3 AsK for help
- 4 Talk to someone
- BREATHING**
- 5 Deep breathing
- 6 Inflating a balloon
- 7 Blowing bubbles
- 8 Blowing a candle
- 9 Lion breathing
- 10 Bumble bee breathing
- 11 Butterfly breathing
- 12 Belly breathing-Balloon
- 13 Belly breathing- Toy
- 14 Hand breathing
- 15 Square breathing
- 16 Star breathing
- RELAXATION**
- 17 Stress ball
- 18 Hug soft toy
- 19 Give yourself a big hug
- 20 Hug your knees
- 21 Palm presses
- 22 Hand squeeze
- 23 Wall push
- TAKE A BREAK**
- 24 Go to your room / calm down conner
- 25 Step out to the garden
- 26 Go for a walk
- 27 Read a book
- 28 Watch a movie
- 29 Board games
- 30 Drawing
- 31 Listen to music (\*)
- 32 Computer games
- 33 Sing out loud
- 34 Play with a fidget toy
- 35 Arts & crafts
- 36 Playdough / Clay (\*)
- BURN IT OUT!**
- 37 Bounce on a ball
- 38 Dance
- 39 Bike riding
- 40 Go for a run
- 41 Skip jumping
- 42 Jumping jacks
- DEALING WITH THOUGHTS**
- 43 Throw away thoughts
- 44 Write & tear
- 45 Change into happy thoughts
- 46 Turn unhelpful thoughts into helpful
- 47 Happy memories album
- SENSORY**
- 48 Lava lamps
- 49 Clouds in motion
- 50 Sensory jar
- 51 Soothing sounds
- 52 Audiobook
- 53 Soothing smells
- 54 A treat!
- 55 Weighted blanket
- 56 Weighted puppy
- 57 Body sock
- 58 Massage
- 59 Take a bath
- 60 Play dough
- 61 Swing
- 62 Jump on a trampoline
- MASSAGE**
- 63 Arm massage
- 64 Ear massage
- 65 Hand massage
- YOGA**
- 66 Cat pose
- 67 Cow pose
- 68 Downward dog pose
- 69 Corpse pose
- 70 Tree pose

(\*) These strategies are also included in the sensory section



  
**PROBLEM-SOLVING**  
&  
**SELF-INSTRUCTIONS**

Sometimes, anger is just a sign that there is a

**PROBLEM**

that you need to fix



Problem solving will help you with that.

Follow these useful steps to problem-solving:

PROBLEM

Identify and describe a problem.  
What is my PROBLEM?

SOLUTIONS

Generate alternatives.  
What are ALL the possible SOLUTIONS?

CONSEQUENCES

Predict/evaluate consequences  
(positive and negative)  
What are the CONSEQUENCES of  
those solutions?

BEST ALTERNATIVE

Evaluate and choose the BEST  
alternative

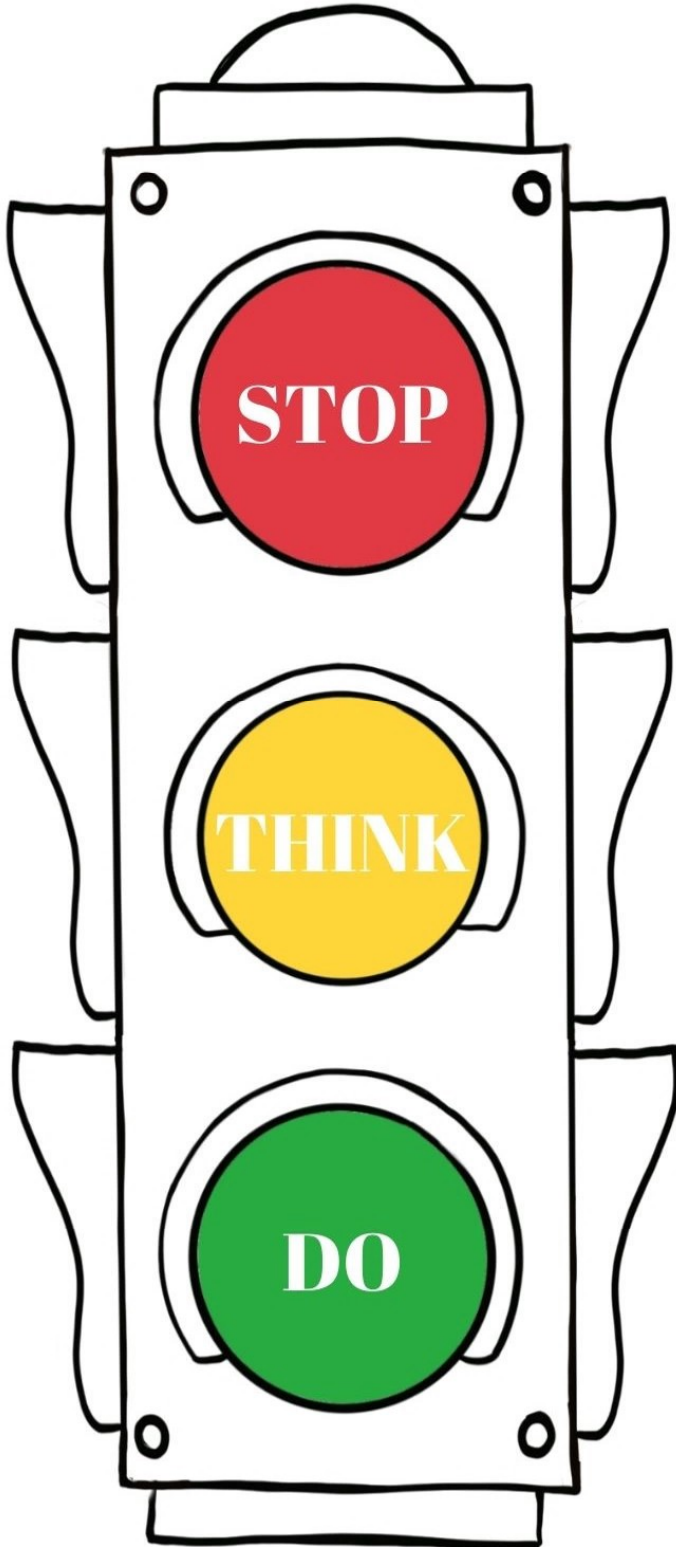
ACTION

DO IT! Action it

You may find these worksheets useful!



# STOP, THINK, DO



WHAT IS THE PROBLEM?

---

---

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WHAT COULD I DO?  
Alternatives/Consequences

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MY BEST OPTION:

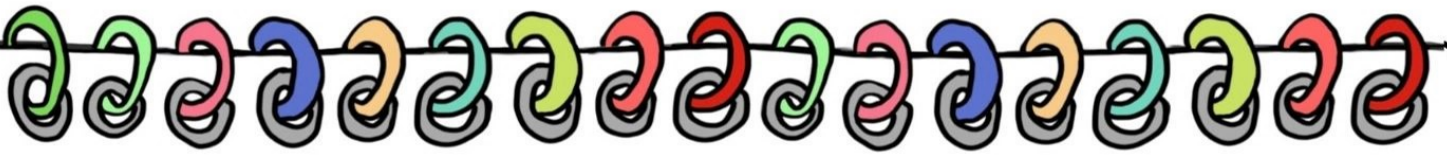
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# PROBLEM-SOLVING WORKSHEET

## WHAT IS MY PROBLEM?

---

---



## POSSIBLE SOLUTIONS

Write as many ideas as you can think of

1. 

---
2. 

---
3. 

---
4. 

---
5. 

---

## CONSEQUENCES



### IDEA 1



POSITIVE

NEGATIVE

1. 

---
2. 

---
3. 

---
4. 

---

1. 

---
2. 

---
3. 

---
4. 

---



### IDEA 2



POSITIVE

NEGATIVE

1. 

---
2. 

---
3. 

---
4. 

---

1. 

---
2. 

---
3. 

---
4. 

---

# PROBLEM-SOLVING WORKSHEET

## CONSEQUENCES

+/-



IDEA 3



POSITIVE

NEGATIVE

1.

2.

3.

4.

1.

2.

3.

4.

+/-



IDEA 4



POSITIVE

NEGATIVE

1.

2.

3.

4.

1.

2.

3.

4.

+/-



IDEA 5



POSITIVE

NEGATIVE

1.

2.

3.

4.

1.

2.

3.

4.

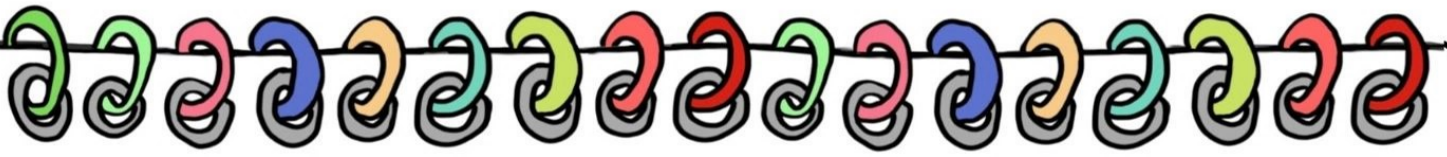


BEST ALTERNATIVE



\_\_\_\_\_

\_\_\_\_\_



# PROBLEM-SOLVING WORKSHEET

OBSTACLES? HELP REQUIRED?

Blank lined area for writing answers to the question above.

## ACTION PLAN

Large blank lined area for writing an action plan.



Did my plan work? Do I need to make changes?

Blank lined area for writing the answer to the review question.



# SELF-INSTRUCTIONS: WHEN...THEN



Sometimes, your brain can't think because it's too busy with angry thoughts

When that happens, I use my "WHEN...THEN" rules. I prepare those rules when my mind is calm and cool, and they help me when I can't use my thinking brain.

**WHEN**



**THEN**

My sister switches T.V. channels

I use my gentle voice to explain I am interested in that show and I suggest she uses the other T.V. or my tablet

Mom asks me to stop playing a computer game

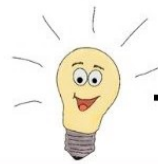
I tell her how many minutes I have left, and ask her nicely to allow me to finish

I'm feeling upset

I practice my breathing exercises

# SELF-INSTRUCTIONS

Would you like to create your own "WHEN ... THEN" rules?



**TIP:**

**WHEN**

You can find ideas in your "Anger Triggers" list (page 11)

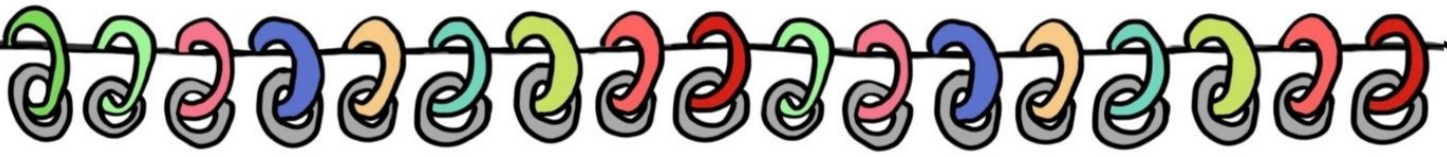
**THEN**

Your problem solving worksheets may help you with this .

We are also about to start learning lots of strategies and tricks that will help us manage our anger. You may come back to fill in this section when you have chosen the ones that work best for you

On the next page, you can write your own rules.

You can also add them to your calm-down card deck (you'll find some blank rule cards in section 3).



**WHEN**



**THEN**

\_\_\_\_\_

\_\_\_\_\_

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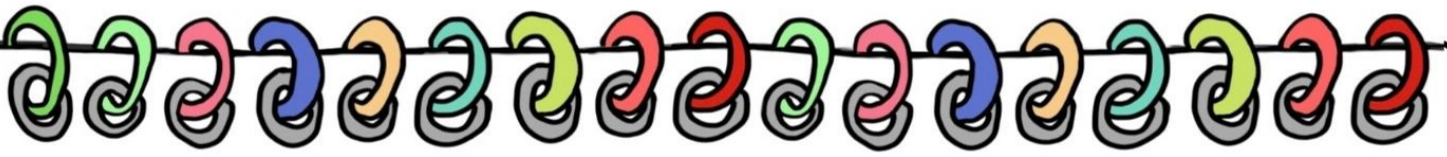
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# ASKING FOR HELP

Important Information Alert!



**YOU ARE NOT ALONE!**

Friends and family around you are there to support you when you need help.



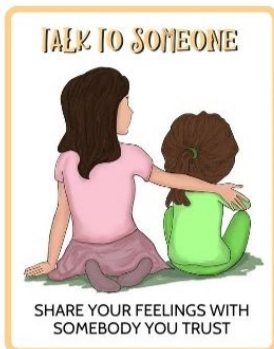
1

### ASKING FOR HELP

Remember, we all need help sometimes, even Mom and Dad!

You may need help when you are:

- Trying to figure out what makes you mad
- Exploring strategies to deal with anger
- In need of support and connection



2

### SHARING YOUR FEELINGS

Sharing how you feel with a caring relative or friend may help you:

- Understand your problems
- Feel supported
- Improve your mood
- See how others see or solve those issues

# WHO CAN HELP ME?

LEARN > PRACTISE > REFLECT > ACTION

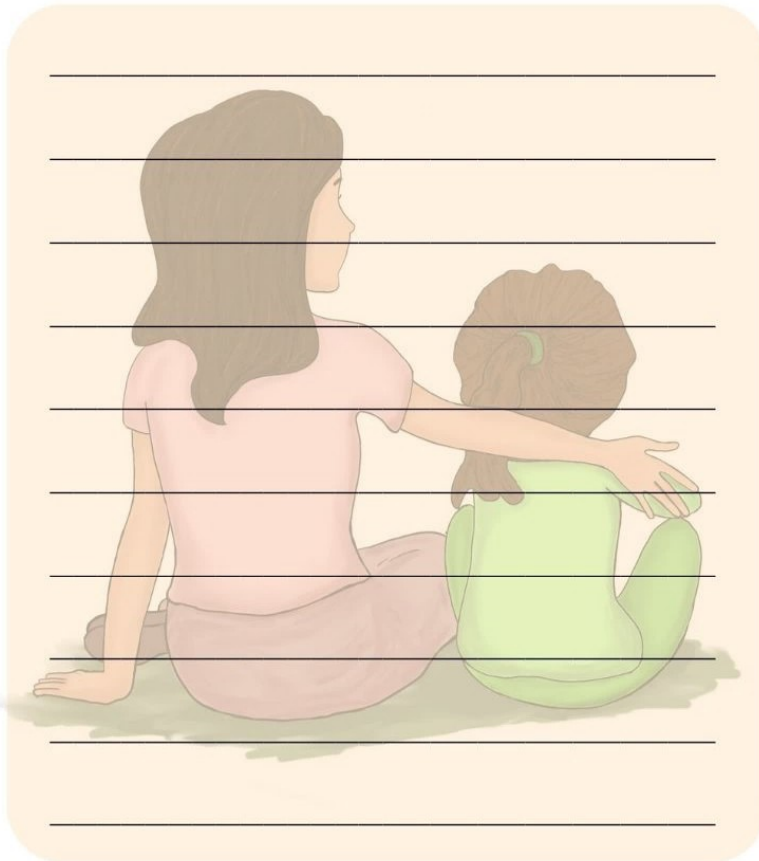
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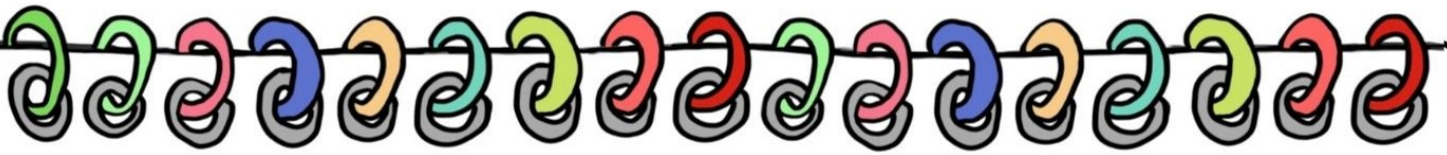
ONE TIME WHEN SHARING MY ANGER HELPED ME...

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These are the people I trust the most when I need help:





12

**FUN**  
**BREATHING**  
**EXERCISES**



William says **DEEP  
BREATHING**

always works for him



I bet you are thinking that breathing exercises are

**BORING!**

We are always breathing!  
So, what's the big deal?

Here is the big deal:

Remember what we learned about our body's anger signs? One of the signals our body sends us is **FAST BREATHING**.

How can we correct that, and send our body a different signal that will help us calm down?

I'm sure you guessed right: **DEEP BREATHING**



# FUN BREATHING EXERCISES



WE CAN HELP OUR BODY SLOW DOWN BY TAKING DEEP BREATHS AND SLOWLY RELEASING THEM.

REMEMBER you don't need to try everything! The breathing exercises that I'll share with you are ideas to help you find what works best for you.



This first one is my favorite breathing exercise:

## 1 DEEP BREATHING (10 TIMES)

### DEEP BREATHING



PLACE YOUR HAND ON YOUR BELLY  
TO FEEL IT GROW

- Place one hand on your belly and the other one on your chest
- Breathe in slowly through your nose, while you feel your belly grow bigger (but your chest doesn't rise)
- Hold your breath for 3-5 seconds
- Breathe out slowly through your mouth

# DEEP BREATHING PRACTICE



These are fun ideas to help you practice deep breathing:

## BALLOON BREATHING



PRETEND YOU ARE BLOWING A BALLOON SLOWLY

2

Pretend you are holding a balloon in your hands.

- Move your fingers to your mouth
- Take a deep breath
- And, slowly start filling the balloon with air.

## BUBBLES BREATHING



PRETEND YOU ARE BLOWING BUBBLES

3

Imagine you are playing with a bubble bottle.

- Bring the wand close to your lips
- Take a deep breath
- And, **slowly** blow the largest bubble ever!

## CANDLE BREATHING



PRETEND YOU ARE BLOWING OUT A CANDLE

4

Pretend you are going to blow out candles.

- Take a deep breath
- And slowly release all the air from your lungs

# FUN ANIMAL BREATHING



We can also make breathing fun by imitating the animal world!

## LION BREATHING



STICK YOUR TONGUE OUT  
AND, ROAR!

**5** You are a lion now!

- Take a big breath through your nose.
- Open eyes wide
- Open your mouth as big as you can
- Stick your tongue out and ROAR!

## BUMBLE BEE BREATHING



HUM LIKE A BEE WHILE YOU  
BREATHE OUT

**6** You may prefer to be a bumble bee!

- Breathe in
- Breathe out with your mouth closed while you HUM like a bee.

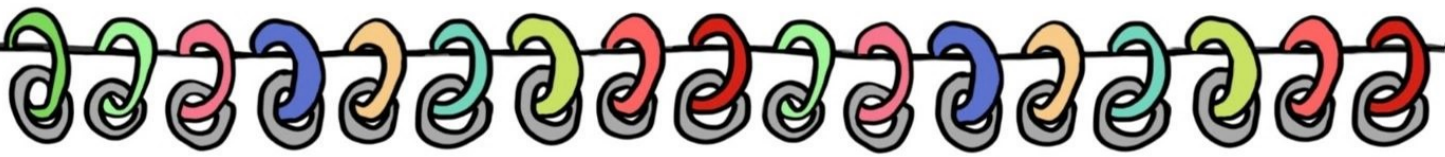
## BUTTERFLY BREATHING



BREATHE IN AS YOU OPEN  
YOUR ARMS

**7** Practice your butterfly breathing!

- Place your arms straight in front of you, palms facing each other.
- Breathe in as you open your arms straight out at your sides.
- Breathe out as they return to their initial position.



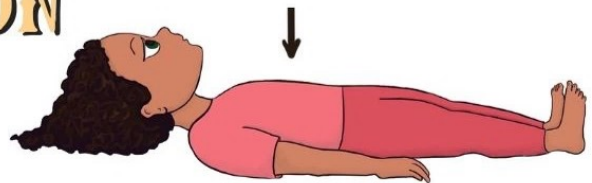
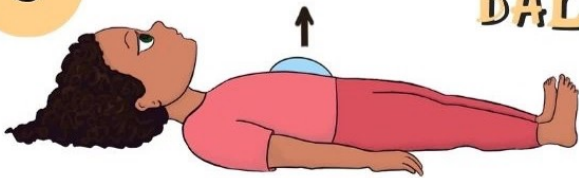
# BELLY BREATHING



These are ideas to make belly breathing fun using your imagination or a toy.

8

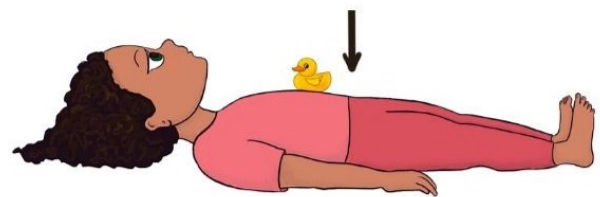
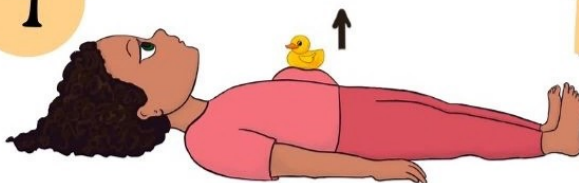
## BALLOON



- Imagine your belly is a balloon. This balloon will get bigger as you breathe in, and smaller as you breathe out
- Now, place your hand on your belly
- Breathe in slowly through your nose, and feel that balloon getting bigger
- Hold your breath and count 1, 2, 3
- Breathe out slowly through your mouth.

9

## TOY



- Your favorite toy is sitting on your belly, and would love to travel up and down.
- Breathe in slowly through your nose (so it doesn't fall from your belly) , and let your favorite toy go up
- Hold your breath till I count 1, 2, 3
- Breathe out slowly through your mouth.

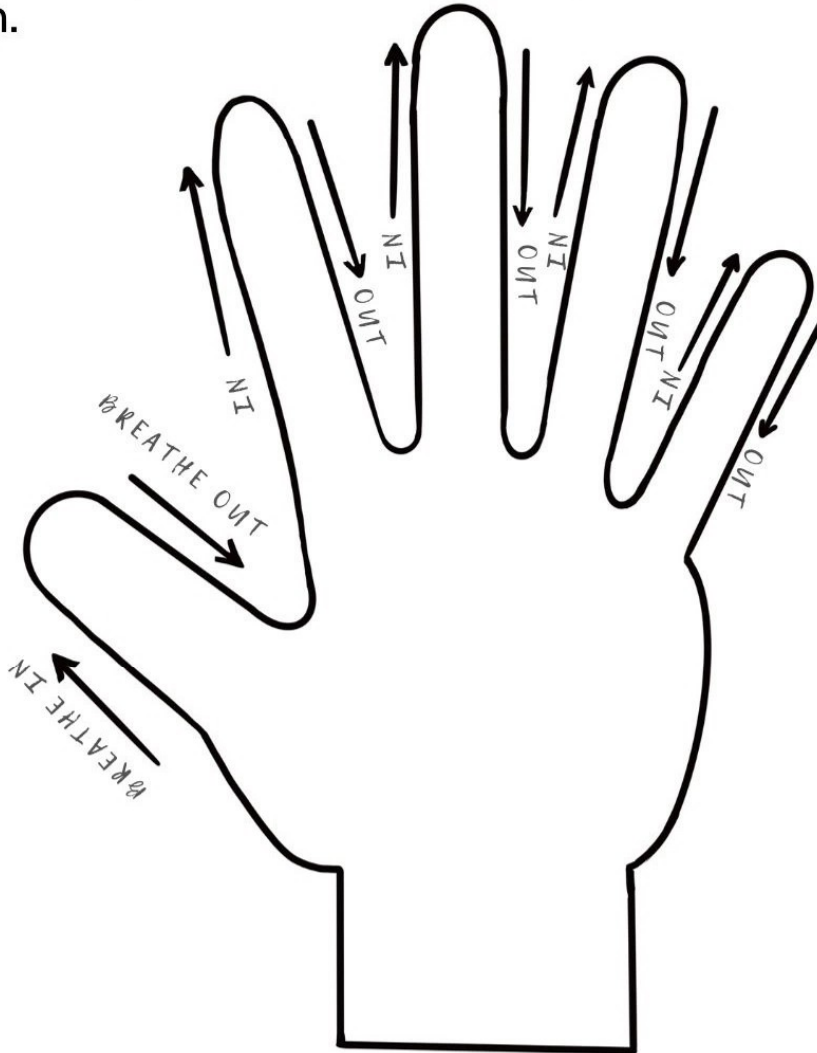
# HAND BREATHING

You always carry your hands with you, so this breathing activity can help you calm down anywhere!



10


- Hold your hand up and trace the shape of the fingers
- Breathe in as you trace the finger up and breathe out as you trace it down.



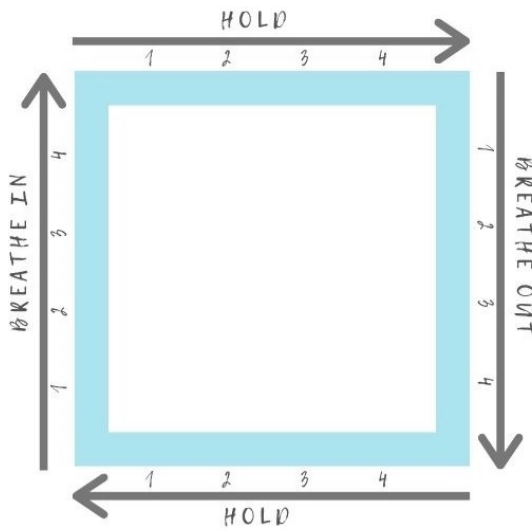
# SHAPES BREATHING

And for the last type of breathing exercise, you just need to grab a piece of paper and draw your favorite shape



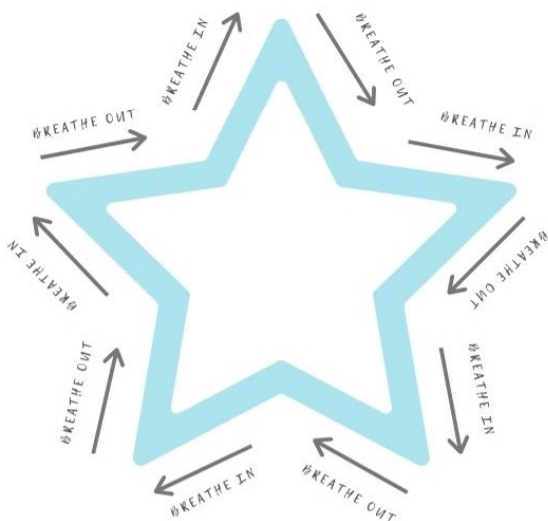
Trace the shape with your finger while you practice deep breathing 

Some examples:



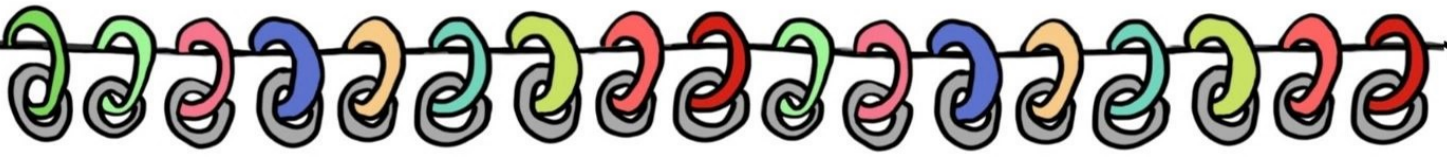
## 11 SQUARE BREATHING:

- Breathe in to the count of 4
- Hold to the count of 4
- Breathe out to the count of 4
- Hold to the count of 4



## 12 STAR BREATHING:

- Trace the star shape with your finger
- Alternate breathing in and out as you trace the shape




# BREATHING JOURNAL

Date: \_\_\_\_\_

Today I tried the following breathing exercises:

**BALLOON BREATHING**




PRETEND YOU ARE BLOWING A BALLOON SLOWLY

**CANDLE BREATHING**




PRETEND YOU ARE BLOWING OUT A CANDLE

**BUBBLES BREATHING**



PRETEND YOU ARE BLOWING BUBBLES

**LION BREATHING**




STICK YOUR TONGUE OUT AND ROAR!

**BUMBLE BEE BREATHING**



HUM LIKE A BEE WHILE YOU BREATHE OUT

**BUTTERFLY BREATHING**

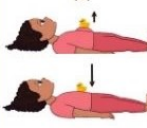


BREATHE IN AS YOU OPEN YOUR ARMS

**DEEP BREATHING**

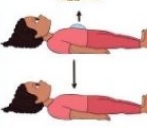



**BELLY BREATHING 101**




BREATHE IN SLOWLY THROUGH YOUR NOSE AND FEEL YOUR PLUSH TOY GO UP

**BELLY BREATHING BALLOON**

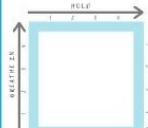


BREATHE IN SLOWLY THROUGH YOUR NOSE, AND FEEL YOUR TUMMY GETTING BIGGER


**STAR BREATHING**




**SQUARE BREATHING**




**HAND BREATHING**




How did they make me feel? Did I feel more relaxed?

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Are there situations when doing these exercises may help me calm down? For example...

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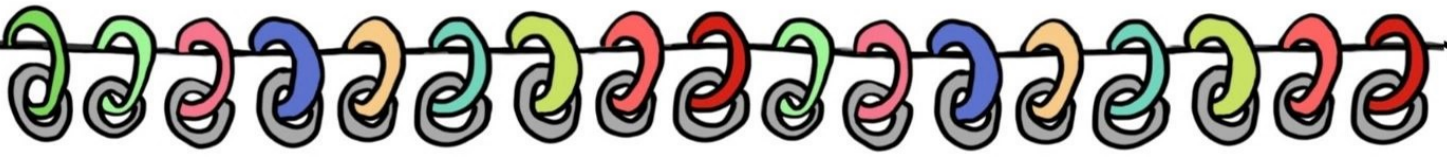
The breathing exercises that work best for me are:

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PRINT YOUR FAVORITE BREATHING ACTIVITY CARDS.





# RELAXATION TECHNIQUES



When Annie starts getting mad, she  
**TENSES & RELAXES**  
her muscles



Do you remember how we used our breathing to send our body an "I'm feeling calmer" message?

We can do something quite similar using our muscles.

Think about what we learned about our body anger signs.

Do you remember how our muscles feel when we are mad?

That's right: **TENSE**

So my trick is to calm down by tensing and then relaxing my muscles.

# FUN RELAXATION ACTIVITIES



THE IDEA IS THAT PHYSICAL RELAXATION WILL LEAD TO A FEELING OF CALMNESS

Shall we try?



REMEMBER, you don't need to try everything!  
These relaxation ideas will help you find what works best for you.



## 1 WALL PUSH

- Face the wall
- Place your palms flat on the wall
- Push for five seconds
- Relax and repeat as many times as you need

# FUN RELAXATION ACTIVITIES

## STRESS BALL



SQUEEZE AND RELEASE A  
STRESS BALL

## 2 STRESS BALL

- Squeeze a stress relief ball with your hand
- Release the ball

## HUG A SOFT TOY



HUG TIGHT YOUR FAVOURITE  
SOFT TOY

## 3 HUG YOUR SOFT TOY

- Take a deep breath
- Hug tight your favourite soft toy
- Breathe out and release your toy

## HUG YOURSELF



GIVE YOURSELF A BIG HUG /  
HUG YOURSELF TIGHT

## 4 GIVE YOURSELF A BIG HUG

- Wrap your arms around yourself and give yourself a BIG hug.
- Repeat till you start feeling more relaxed

# FUN RELAXATION ACTIVITIES

## HUG YOUR KNEES



SIT DOWN AND  
HUG YOUR KNEES TIGHTLY

## 5 HUG YOUR KNEES

- Sit on the floor with your feet planted on the floor
- Hug your knees tight

## PALM PRESSES



PRESS YOUR PALMS TOGETHER  
FOR 5 SECONDS. REPEAT TILL YOU  
FEEL BETTER

## 6 PALM PRESSES

- Press your palms together
- Hold for 5 seconds.
- Repeat a few times till you feel calmer

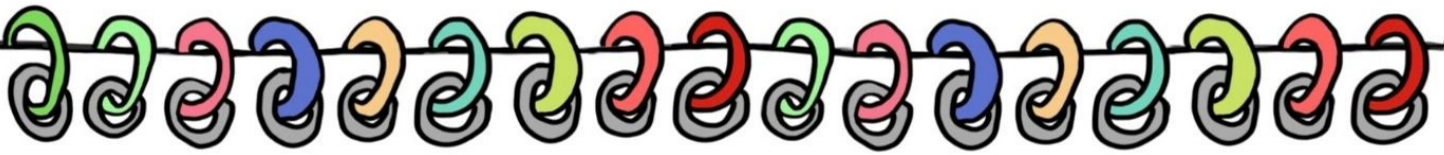
## HAND SQUEEZES



INTERLACE YOUR FINGERS AND  
SQUEEZE TIGHT

## 7 HAND SQUEEZES

- Interlace your fingers
- Squeeze your hands tightly
- Release the hold

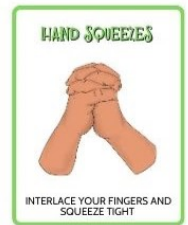
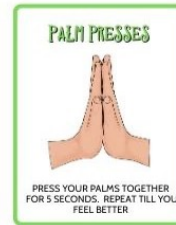
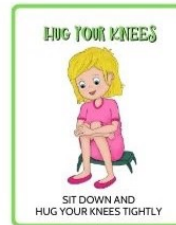
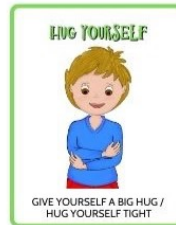
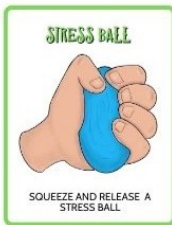


# RELAXATION JOURNAL

LEARN > PRACTISE > REFLECT > ACTION

Date: \_\_\_\_\_

Today I tried the following relaxation exercises:



How did they make me feel? Did I feel more relaxed?

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Are there situations when doing these exercises may help me calm down? For example....

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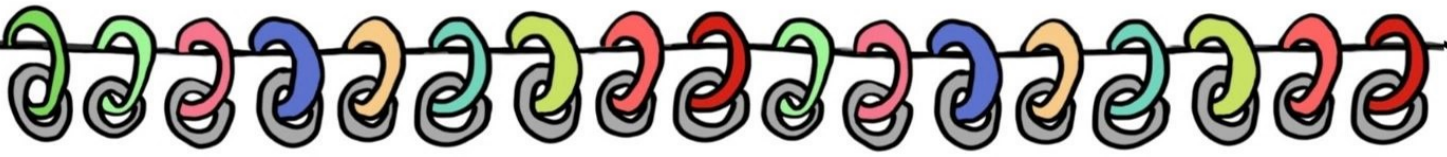
The relaxation exercises that work best for me are:

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YOU CAN PRINT YOUR FAVORITE RELAXATION ACTIVITY CARDS. THEY WILL REMIND YOU OF WHAT TO DO WHEN YOU ARE FEELING ABOUT TO LOSE CONTROL





# TAKING A BREAK

Emily reckons

## TAKING A BREAK

helps her calm down



Sometimes, when you are angry, you just need to take a break away from whatever made you unhappy.

We can take a break by:

1. **WALKING AWAY (REMOVING YOURSELF)** from the situation where you became angry or agitated. Let's call it a "change of scene"
2. **STARTING A FUN ACTIVITY** that will move your mind away from the problem.
3. **OR BOTH!**

Check out what works for me.

And, choose what cards you will add to your calm-down set.



# TAKING A BREAK

## "CHANGE OF SCENE"

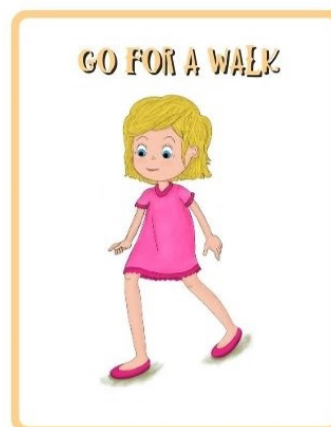
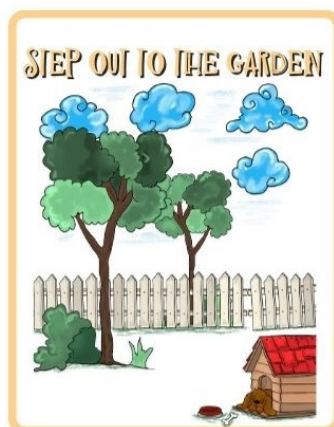
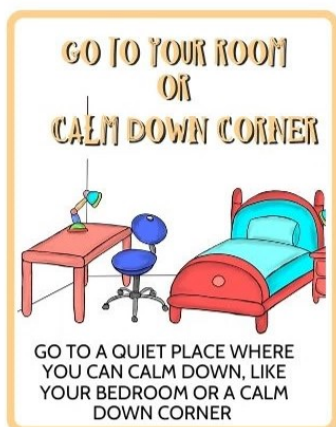


When you are facing the object or person related to your angry feelings, it is difficult to calm down.

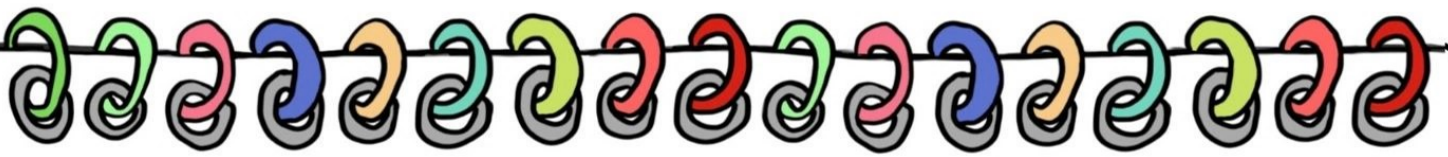
You look again at that broken toy, and you feel a new surge of anger rolling out.

Or you hear your sibling's voice and it reminds you again of the quarrel you just had.

In that case, it may work well to move to a different room, space (like a calm down corner) or place. It will help reset your mind and start calming down.







# TAKING A BREAK: NEW ACTIVITY

A new activity is a distraction.  
Distractions move your mind to a different space, away from whatever made you cross.



This is a list of fun activities that I find helpful:

<p>WATCH TV</p>  <p>WATCH ONE OF YOUR FAVORITE TV PROGRAMS</p>	<p>PLAY COMPUTER GAMES</p>  <p>HAVE FUN WITH COMPUTER / VIDEO GAMES</p>	<p>READ A BOOK</p>  <p>READ AN INTERESTING BOOK OR HAVE SOMEONE READ A STORY TO YOU</p>	<p>PLAY BOARD GAMES</p>  <p>PLAY A BOARD GAME WITH YOUR PARENTS, FRIENDS OR SIBLINGS</p>	<p>PLAYDOUGH / CLAY</p>  <p>PLAY WITH PLAYDOUGH OR MODEL WITH CLAY</p>
<p>MAKE A DRAWING</p>  <p>MAKE A COOL DRAWING</p>	<p>SING OUT LOUD</p>  <p>SING OUT LOUD</p>	<p>PLAY WITH A FIDGET TOY</p>  <p>PLAY WITH A FIDGET SPINNER OR ANOTHER FIDGET TOY THAT YOU LIKE</p>	<p>LISTEN TO MUSIC</p>  <p>LISTEN TO YOUR FAVORITE SONGS</p>	<p>ARTS &amp; CRAFTS</p>  <p>DO SOME ARTS &amp; CRAFTS</p>

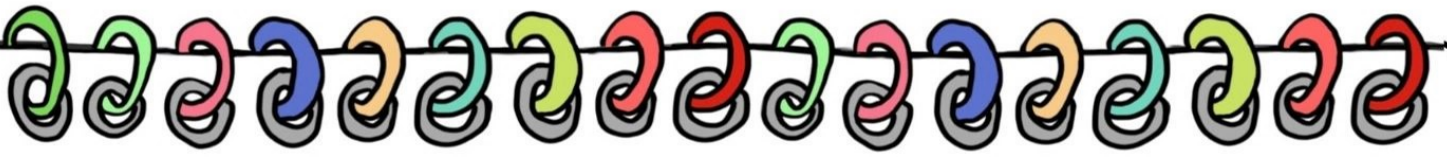
What fun activities could help you "forget" you were mad? You may choose from our list or come up with your own.

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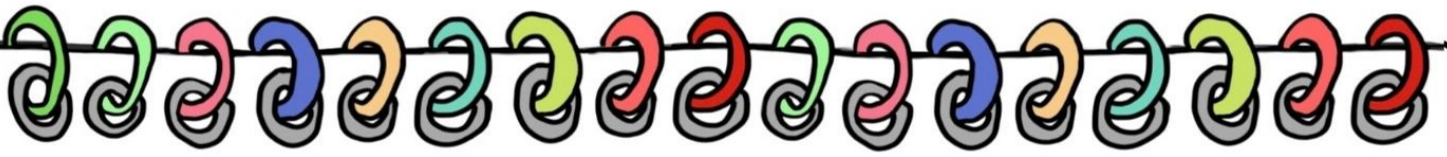
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BURN  
IT  
OUT





When Tim feels he is about to explode,  
he always tries to burn the anger out with

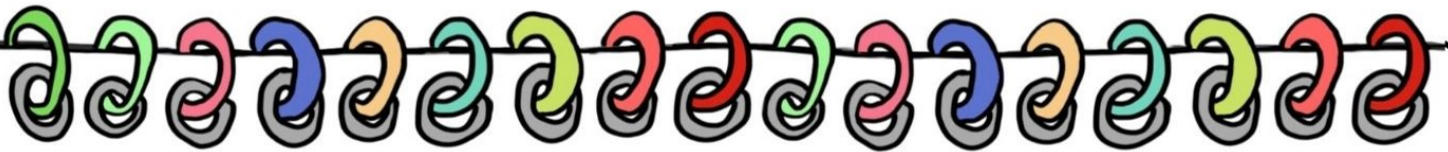
## EXERCISE



When we get angry we create this huge build up of negative energy in our bodies. Exercise helps me in two ways:

1. Exercise burns that excess energy!
2. Exercise releases in my brain something called "endorphins" that help me feel happy and relaxed.





# "BURN IT OUT" PLAN

What exercise could you practice when you feel you are about to lose control?



You may need to have different plans for different places. For example, at school, you may decide to walk up and down the stairs, or go for a brisk walk around the school grounds.

At home, you may choose to use a static bike or you may dance like there's no tomorrow!

Write down your ideas below and add your preferred cards to your calm down card set :

## AT HOME

## AT SCHOOL

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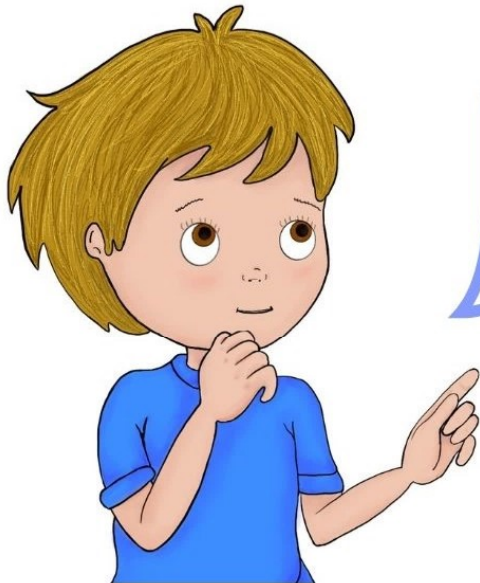
# DEALING WITH YOUR THOUGHTS



Victor prefers to use the power of his

**MIND**

to deal with his angry THOUGHTS.



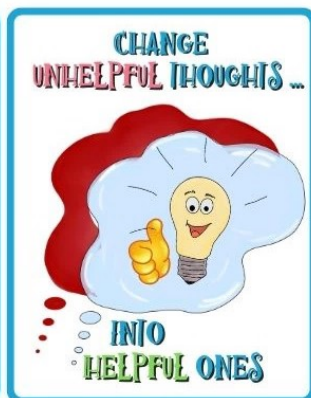
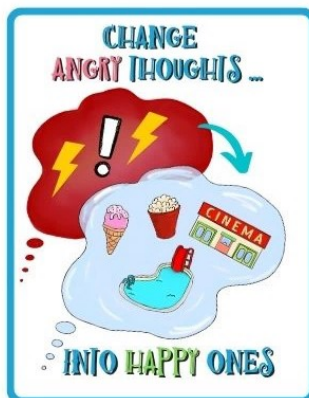
Whenever I feel I can't fix what is bothering me, I use the power of my **BRAIN** to deal with it.

Two different "tricks" work well for me: .

1. | **CHANGE** my thoughts
2. | **THROW AWAY** my angry thoughts.

It helps me feel in control, and although I can't fix the problem, I still feel I'm doing something about it.

A cool trick that helps dissolve my angry thoughts is changing them into HAPPY or HELPFUL THOUGHTS



## I CHANGE MY THOUGHTS:

1

USING THE POWER OF MY BRAIN

You can do two different things here:

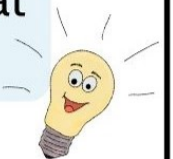
1. You can use your imagination to think happy thoughts: a favorite happy place, a joke, a fun activity.

This trick works for me when I'm too cross to use my thinking brain.



2. You can try to change unhelpful thoughts into helpful ones.

This works for me when I still feel in control and I notice what thoughts are troubling me.



LET'S PRACTICE TURNING UNHELPFUL THOUGHTS INTO HELPFUL ONES



## UNHELPFUL THOUGHT



## HELPFUL THOUGHT



Emma changed the TV channel just to annoy me

Emma is too little to enjoy the same shows I like. One of us should watch them on the iPad

Mum thinks I'm stupid!

Mum is trying to help me. I need to tell her that I want to try to do it on my own.

I hate this stupid Maths exercise!

I can't figure out how to do this, yet. I'll work on it and figure it out. And, asking for help is fine.

Tim was ignoring me in the playground because he is mean

Tim might have not realized I wanted to play with him. Next time, I will ask him.



# UNHELPFUL THOUGHT



# HELPFUL THOUGHT



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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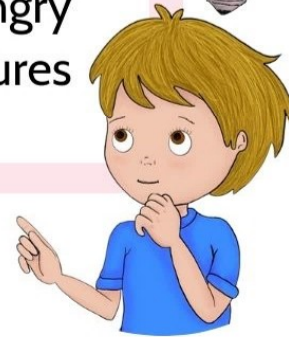
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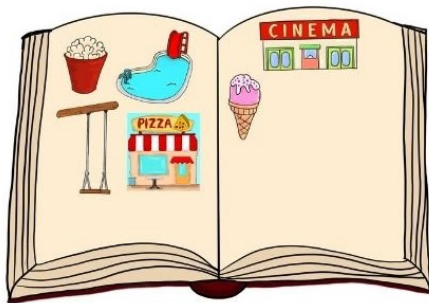
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Sometimes I find it difficult to use my imagination because it's too full of angry thoughts. When that happens, I use pictures and images:



### LOOK AT YOUR HAPPY THOUGHTS ALBUM



SUPER TOOL: AN ALBUM WHERE YOU CAPTURE YOUR HAPPY MEMORIES

## I CHANGE MY THOUGHTS:

2

LOOKING AT MY HAPPY MEMORIES ALBUM

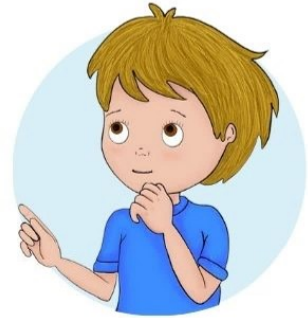
Check out this great idea for you!

Prepare an album with pictures and memories of all the things that make you happy.

Other ways to make sure that your happy memories are always available:

- Happy memories box
- Happiness wall / Happiness board

Sometimes, when I can't seem to find a fix for my problem, I just throw my angry thoughts away



## YES! I THROW AWAY MY ANGRY THOUGHTS:

THROW YOUR  
THOUGHTS AWAY



THROW YOUR ANGRY  
THOUGHTS IN THE BIN

### 1 USING MY IMAGINATION

I pretend I grab my angry thoughts from my head and I throw them into the rubbish bin. Sometimes, I flush them down the toilet

TEAR UP YOUR  
ANGRY THOUGHTS



WRITE DOWN WHAT MAKES  
YOU MAD AND TEAR UP THE  
PAPER

### 2 WRITING DOWN MY ANGRY THOUGHTS

I take a piece of paper and a pen, and I write down my angry thoughts. Then, I can:

- tear up the paper
- throw it in the rubbish bin
- put it away in my feelings box

# SENSORY STRATEGIES



Emma has learnt to use her

# SENSES

to make her angry feelings disappear



Do you know what our  
SENSES are?

Our senses send information to our brain  
about the world around us.

Our senses allow us to perceive the world through our...

EYES



SIGHT

EARS



HEARING

NOSE



SMELL

TONGUE



TASTE

SKIN



TOUCH



Awesome news! We can use each of our senses to send  
information to our brain that will help us calm down.

# SENSORY STRATEGIES




You can use your EYES to help you calm down when you feel unsettled



## LAVA LAMPS



 LOOK AT THE RELAXING MOTION OF A LAVA LAMP

### 1 LAVA LAMPS

Look at the relaxing motion of a lava lamp.

## WATCH THE CLOUDS



 LOOK AT THE CLOUDS MOVING AWAY

### 2 WATCH THE CLOUDS IN MOTION

Lay down on the floor and look at the sky. Stop your thoughts and just watch the clouds move away in the sky. Thoughts are like the clouds. If you let them go, they will move away.

## SENSORY BOTTLES



 GRAB YOUR MESMERIZING SENSORY BOTTLE

### 3 SENSORY BOTTLES

Sensory bottles are bottles filled with liquids where different materials float and flow creating a soothing and mesmerizing experience for your sense.

# SENSORY STRATEGIES




Our sense of hearing can also help you calm down and relax



## LISTEN TO MUSIC




 LISTEN TO SOME MUSIC THAT WILL HELP YOU RELAX

## 4 LISTEN TO MUSIC

Music has the power to help us calm down and relax, so put your headphones on and start cooling down!

## RELAXING SOUNDS



 LISTEN TO THE SOOTHING SOUNDS OF NATURE

## 5 LISTEN TO SOOTHING SOUNDS

Water flowing, birds singing, .... there are lots of soothing sounds in nature that can help us calm down.

## LISTEN TO AN AUDIOBOOK



 LISTEN TO A FUN OR INTERESTING AUDIOBOOK

## 6 LISTEN TO AN AUDIOBOOK

Listening to an audiobook is another clever way to use your sense of hearing to distract you and relax

# SENSORY STRATEGIES



Some scents can also help us wind down. Lavender, jasmine and vanilla are my favorite ones

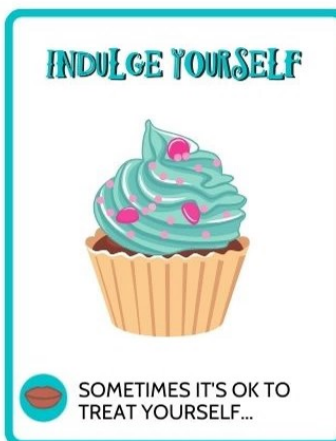


## 7 SOOTHING SMELLS

Some fragrances have calming properties. The flowers in your garden, an aromatherapy diffuser or just a sniff of that yummy dessert Mom kept in the fridge.



And believe it or not, even your taste buds can help you bring down a notch that funny mood



## 8 GIVE YOURSELF A LITTLE TREAT

This may get me in trouble with some adults in your home, but sometimes, a kid needs a treat!



# SENSORY STRATEGIES



Touch is made up of a lot of sensations like pressure, temperature, or vibration that can help our body relax.

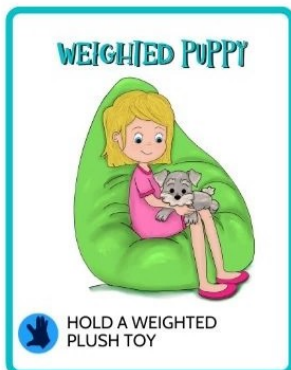


## DEEP PRESSURE



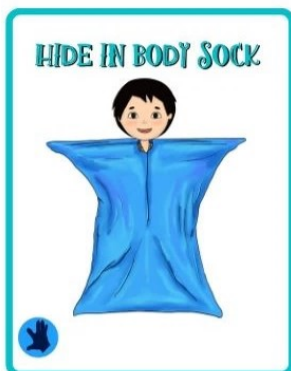
### 9 WEIGHTED BLANKET

A weighted blanket gives me a comfort feeling. That extra pressure reminds me of being hugged. It helps me relax, and even makes falling asleep easier.



### 10 WEIGHTED PUPPY

My cuddly weighted puppy also helps me calm down. And, I'm sure you can find any other weighted animal that you love.



### 11 BODY SOCK

A body sock covers my arms, shoulders, legs, and feet with a stretchy fabric that gives me some nice pressure and relaxes me.

# SENSORY STRATEGIES



And these are other ways to use the sense of touch to help you calm down:



## ASK FOR A MASSAGE



GET A RELAXING MASSAGE

## 12 MASSAGE

Pressing and rubbing skin and muscles can help you feel better. Ask Mom, Dad or a sibling for a nice head or foot massage.

## HAVE A BATH

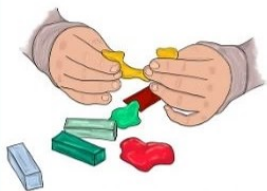


LET THE WATER CARESS YOU AND THE SCENTS SOOTHE YOU

## 13 HAVE A BATH

Let the warm water do the calming job. And think about adding nice oils for an extra smell sensory input.

## PLAY WITH PLAYDOUGH



PUSH, ROLL & FLATTEN YOUR PLAY DOUGH TILL YOUR ANGER GOES AWAY

## 14 SQUEEZE AND RUB YOUR PLAYDOUGH

Push, roll & flatten your play dough till your anger goes away.

# SENSORY STRATEGIES

15

My favourite activity is called

5 4 3 2 1



IT ALWAYS WORKS FOR ME!

It distracts me from the thoughts that are making cross because it switches my attention to the things I 'm experiencing around me

To practice the 5 4 3 2 1 strategy, you will need to use all the five senses that we have just explored.

Take a deep breath, and then slowly release it.  
Now, look around and name...

**5** THINGS THAT YOU CAN SEE



**4** THINGS THAT YOU CAN FEEL



**3** THINGS THAT YOU CAN HEAR



**2** THINGS THAT YOU CAN SMELL



**1** THING THAT YOU CAN TASTE





Name...

5

THINGS THAT YOU CAN SEE

Red rounded rectangle with an eye icon in the top right corner and three horizontal lines for writing.

4

THINGS THAT YOU CAN FEEL  
(or TOUCH)

Blue rounded rectangle with a hand icon in the top right corner and three horizontal lines for writing.

3

THINGS THAT YOU CAN HEAR

Orange rounded rectangle with an ear icon in the top right corner and three horizontal lines for writing.

2

THINGS THAT YOU CAN SMELL

Light green rounded rectangle with a nose icon in the top right corner and three horizontal lines for writing.

1

THING THAT YOU CAN TASTE

Light blue rounded rectangle with a mouth icon in the top right corner and three horizontal lines for writing.

# SENSORY STRATEGIES



Another cool sense is the one that gives us information about motion:  
**VESTIBULAR**



Movement like jumping and swinging can also help us calm down:



## 16 SWING

Swing your bad mood away. My classroom has an indoor swing, and I've spent a lot of time swinging myself to calm.

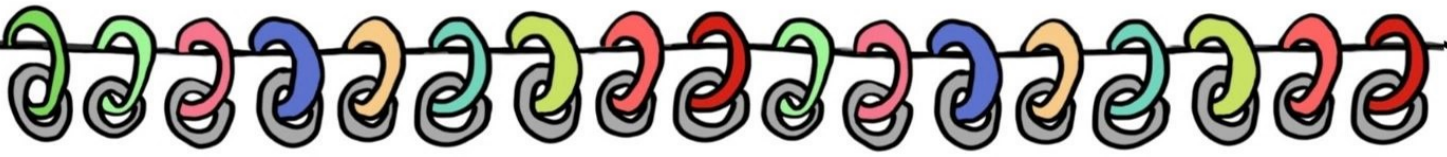


## 17 JUMP ON A TRAMPOLINE

Jump on a trampoline till you forget what made you cross!

# WHAT ARE YOUR FAVORITE SENSORY STRATEGIES?





# SENSORY JOURNAL



Date: \_\_\_\_\_

Strategies I practiced:

Best strategies / When will I use them:



\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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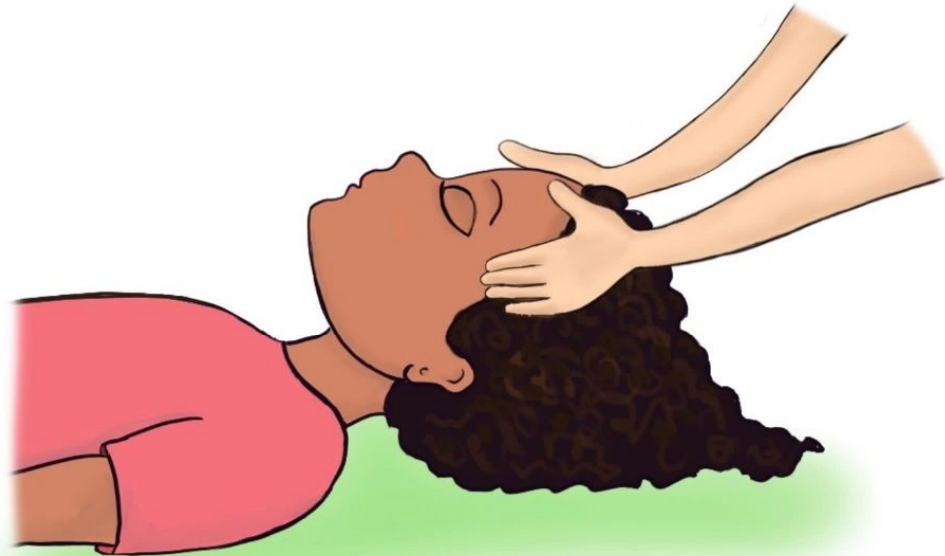
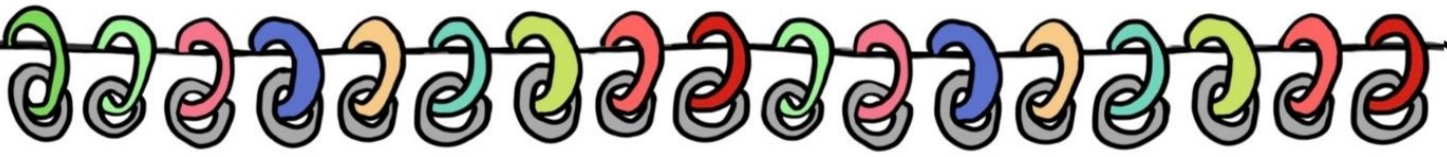


\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

PRINT YOUR FAVORITE STRATEGY CARDS





# MASSAGE

Olivia claims nothing soothes her better  
than a good

**MASSAGE**



When I feel unsettled, a massage helps me  
calm down. I love a good hair massage, or a  
back massage or a foot massage.

Well, I guess I just love massage!



Massage can help in so many other ways:

- when you are feeling worried
- when you need a sensory input
- as part of a sleep routine
- even a prize in your behavior chart



# MASSAGE



I'm going to share with you some massage activities that you can do on your own, when you are trying to cool down

But don't forget to ask your parents for a nice massage too!

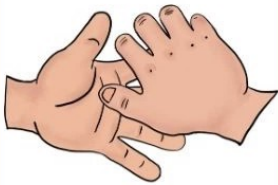
## ARM MASSAGE



### 1 ARM MASSAGE

Firmly squeeze your arm, start with your shoulder and move all the way down to your hand.

## HAND MASSAGE



USE YOUR THUMB TO PRESS FIRMLY THE PALM OF YOUR OTHER HAND

### 2 HAND MASSAGE

Use your thumb to press firmly the palm of your other hand.

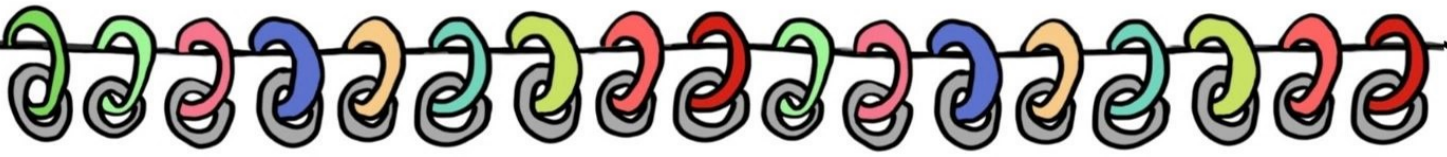
## EAR MASSAGE



GENTLY PULL AND RUB YOUR EAR LOBES

### 3 EAR MASSAGE

Gently pull and rub your ear lobes to stimulate the nerve endings and release endorphins.



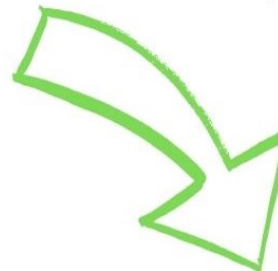
My friend Sarah loves **YOGA**  
She says yoga helps her feel calm and  
cool



Yoga has many benefits:

- Strengthens your muscles
- Improves muscle flexibility
- Boosts your immune system
- Improves breathing habits
- Improves mood
- Teaches relaxation techniques
- And, it's FUN!

Check out some of my favorite poses!



# YOGA

## COW POSE



LIFT YOUR HEAD AND MOVE BELLY TOWARD THE FLOOR

## 1 COW POSE

Cow and Cat Poses are usually practiced together in sequence:

- Kneel on all fours
- Breathe in as you lift your chin and tilt your head back...

## CAT POSE



SLOWLY RAISE YOUR BACK

## 2 CAT POSE

- ... And, breathe out while you slowly raise your back towards the ceiling and you lower your head (it will look like a cat arching its back)

## DOWNWARD DOG POSE



FROM ALL FOURS POSITION, TUCK YOUR TOES UNDER AND LIFT YOUR HIPS BACK UP AND STRAIGHTEN YOUR LEGS

## 3 DOWNWARD-FACING DOG POSE

- Kneel on all fours
- Tuck your toes under and lift your hips up (it will look like an upside-down V pose)
- Stay for five breaths

# YOGA

## TREE POSE



BEND YOUR RIGHT KNEE AND PLACE YOUR FOOT ON THE INSIDE OF YOUR LEFT LEG

4

## TREE POSE

- Bend your right knee pointing out to the side
- Place your right foot on the inside of your left leg
- Stay in this pose for a few seconds

## CORPSE POSE



LIE ON THE BACK, EYES CLOSED AND LEGS SLIGHTLY SPREAD

5

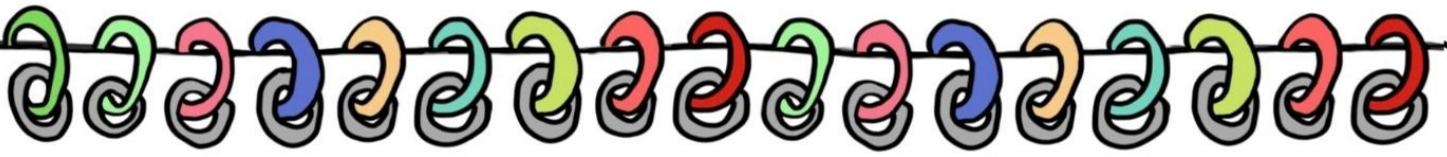
## CORPSE POSE

This is an easy and relaxing pose.

- Lie on the back with your eyes closed and the legs slightly spread.
- Rest your arms by your side.

WOULD YOU LIKE TO TRY YOGA TO SEE IF IT HELPS YOU FEEL CALMER?

- ✓ Check out the yoga diary in the next page
- ✓ If yoga works for you, add the yoga cards to your calm down kit



# MY YOGA JOURNAL



BREATHING  
EXERCISES

POSE(S)  
I TRIED

HOW I FELT

MONDAY

TUESDAY

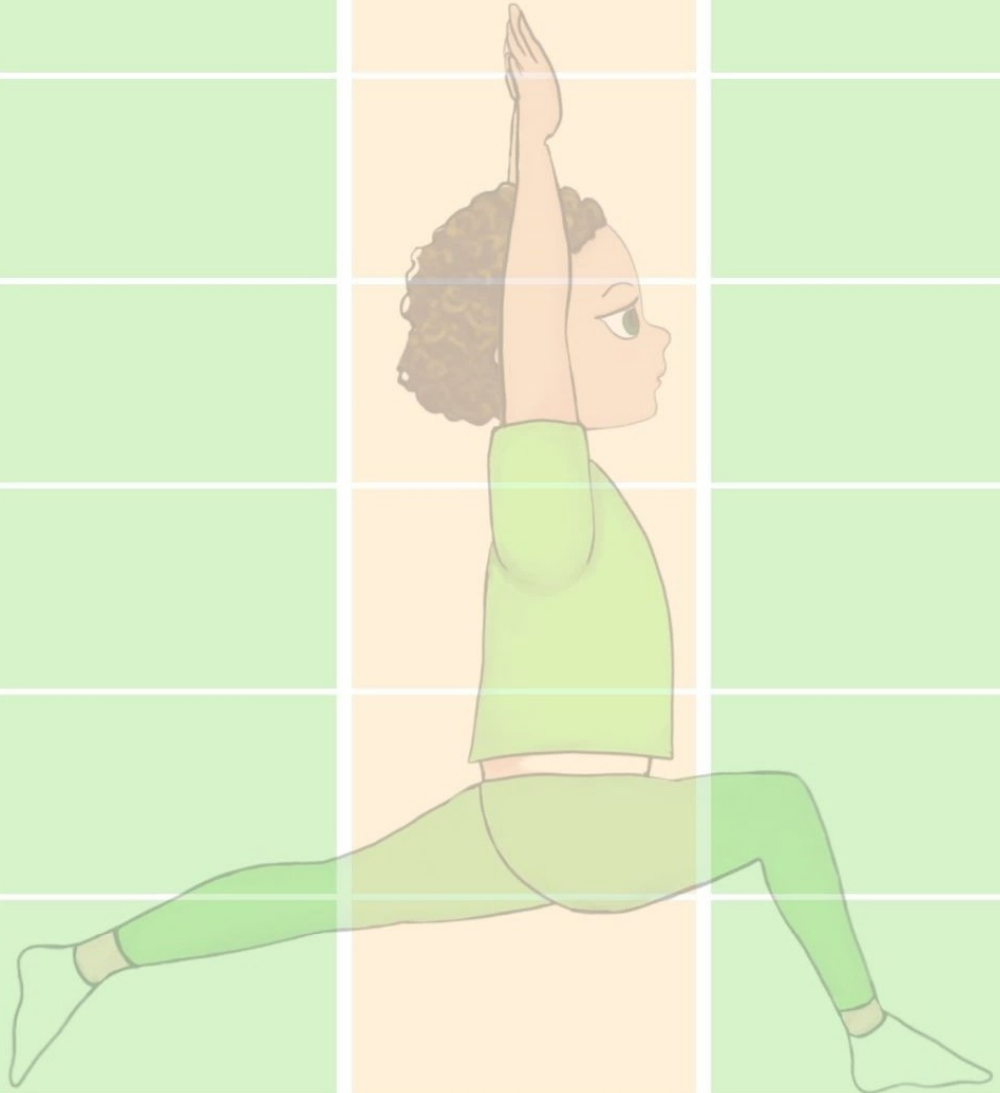
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



# MY YOGA JOURNAL



BREATHING  
EXERCISES

POSE(S)  
I TRIED

HOW I FELT

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

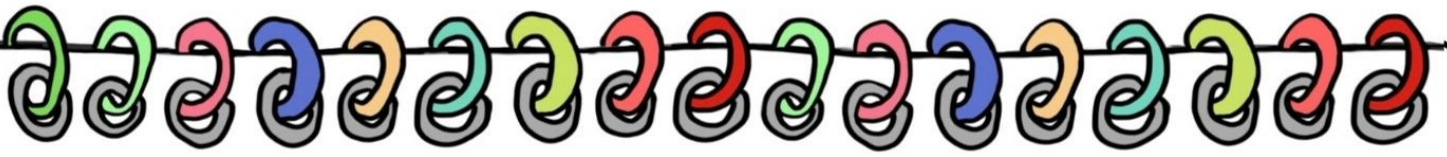
SATURDAY

SUNDAY


TAKE  
CARE  
OF  
YOURSELF







And last, but not least, it is really important that you take good care of yourself.

That means:

Getting enough

**SLEEP**



Healthy

**EATING**



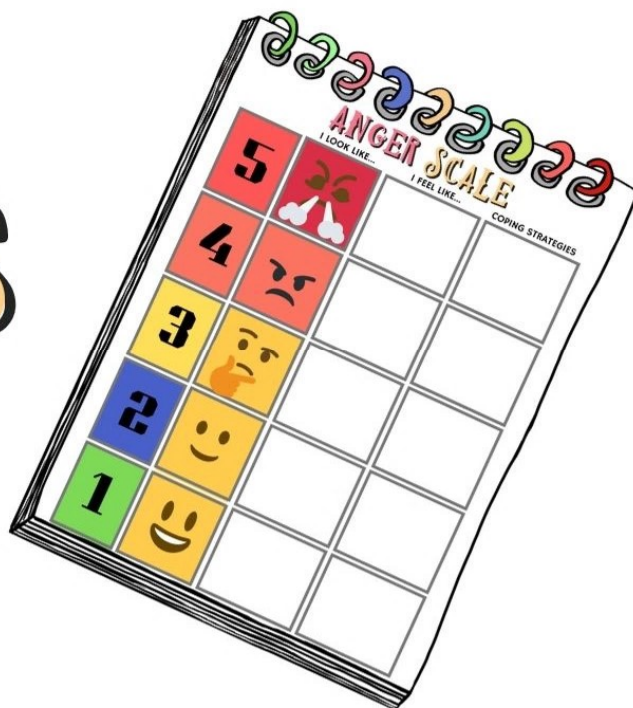
Doing

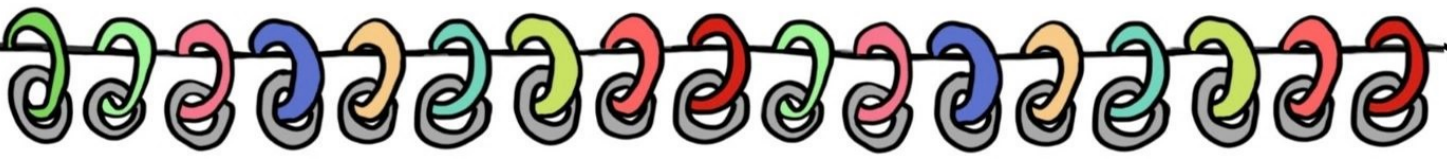
**EXERCISE**



# BONUS: EXPRESSING MY EMOTIONS

## ANGER SCALES





There is one last tool I wanted to share with you

# ANGER SCALES

Anger scales help me:

1. express different levels of anger
2. plan strategies that may work in those situations

“  
In this first column,  
I write the clues  
and signs that my  
body sends me  
when I am happy,  
frustrated or mad.  
”

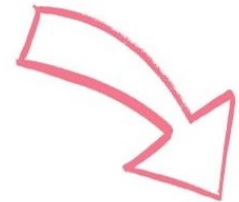


“  
And in the  
second one, I  
write the  
strategies that I  
can use to go  
back to feeling  
good  
”

EMOTIONS SCALE & COPING PLAN			
I LOOK LIKE...		I FEEL LIKE...	
5		I'm really mad! I scream. I hurt myself or others. I spit. I throw things.	
4		I'm angry! I shout. I say things that aren't nice.	
3		Something bothers me. I frown. I don't feel like smiling.	
2		I'm feeling ok. Everything is fine.	
1		I feel great! I smile. I laugh. I giggle. I'm relaxed.	

VERYSPECIALTALES.COM

Let me show you how I do it on the next page





# ANGER SCALE

	I LOOK LIKE...	I FEEL LIKE...	COPING STRATEGIES
5		I'm really mad! I scream. I hurt myself or others. I spit. I throw things.	Deep breathing Ask for help
4		I'm angry! I shout. I say things that aren't nice.	Go for a run Listen to music 5 4 3 2 1
3		Something bothers me. I frown. I don't feel like smiling.	Problem-solving When...Then
2		I'm feeling ok. Everything is fine.	Keep doing what makes me happy!
1		I feel great! I smile. I laugh. I giggle. I'm relaxed.	Keep doing what makes me happy!

# ANGER SCALE

I LOOK LIKE...

I FEEL LIKE...

COPING STRATEGIES

5			
4			
3			
2			
1			

# CALM DOWN CARDS



## CALM DOWN CARDS

are a very useful tool to help you deal with your anger



When your mind is very busy with angry thoughts, it is really difficult to use your thinking brain to:

1. remember a selection of useful strategies, and
2. decide which one to use.

**CALM DOWN CARDS** are visual cues that:

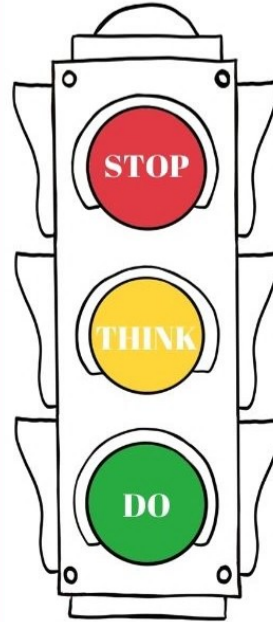
1. free your brain from the work of digging out information.
2. help your brain to process alternatives easily
3. help you decide what you need to do.

Print and laminate your calm down cards, and keep them in an easy-to-reach place.

# PROBLEM-SOLVING INQUIRY

1. What is my PROBLEM?
2. SOLUTIONS
3. CONSEQUENCES
4. CHOOSE
5. DO it!

# PROBLEM-SOLVING STOP, THINK, DO



PROBLEM

ALTERNATIVES &  
CONSEQUENCES

ACTION BEST ONE

# WHEN ... THEN RULE

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# WHEN ... THEN RULE

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## TALK TO SOMEONE



SHARE YOUR FEELINGS WITH  
SOMEBODY YOU TRUST

## BREATHING EXERCISES

## DEEP BREATHING



PLACE YOUR HAND ON YOUR  
BELLY TO FEEL IT GROW

## BALLOON BREATHING



PRETEND YOU ARE BLOWING A  
BALLOON SLOWLY

## BUBBLES BREATHING



PRETEND YOU ARE BLOWING  
BUBBLES

## CANDLE BREATHING



PRETEND YOU ARE BLOWING  
OUT A CANDLE

## LION BREATHING



STICK YOUR TONGUE OUT  
AND ROAR!

## BUMBLE BEE BREATHING



HUM LIKE A BEE WHILE YOU  
BREATHE OUT

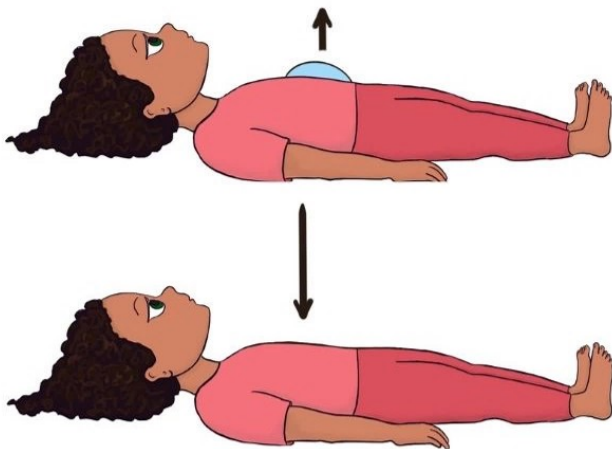
## BUTTERFLY BREATHING



BREATHE IN AS YOU OPEN  
YOUR ARMS

## BELLY BREATHING

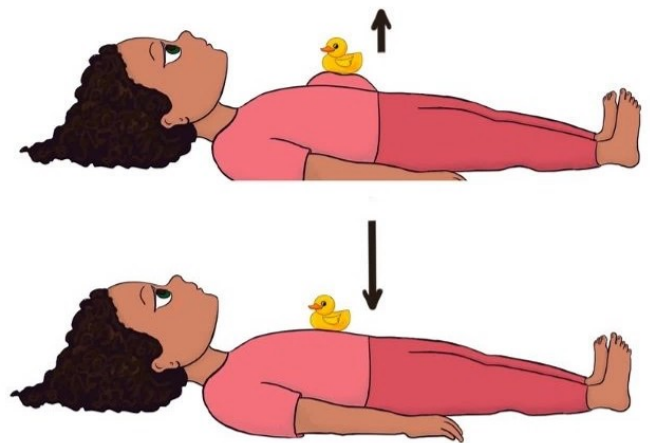
BALLOON



BREATHE IN SLOWLY THROUGH  
YOUR NOSE, AND FEEL YOUR  
TUMMY GETTING BIGGER

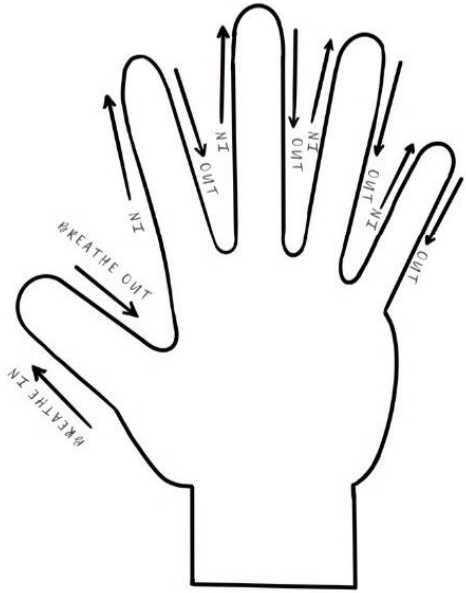
## BELLY BREATHING

TOY

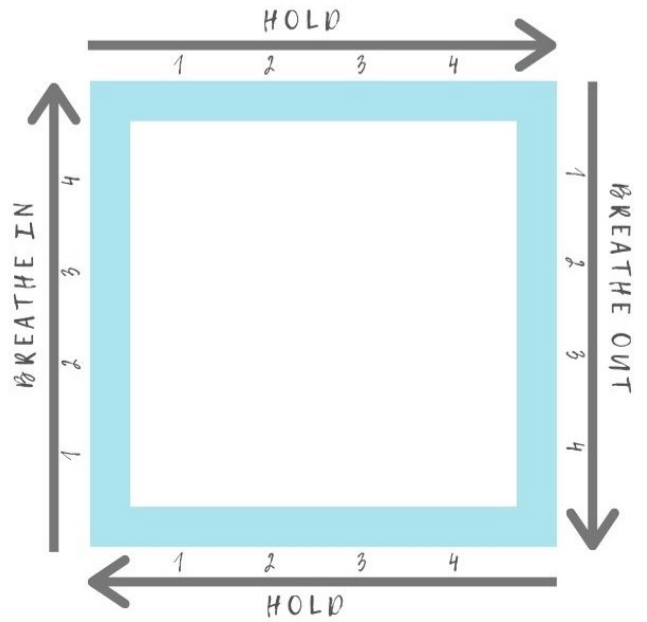


BREATHE IN SLOWLY THROUGH  
YOUR NOSE, AND FEEL YOUR  
SOFT TOY GO UP

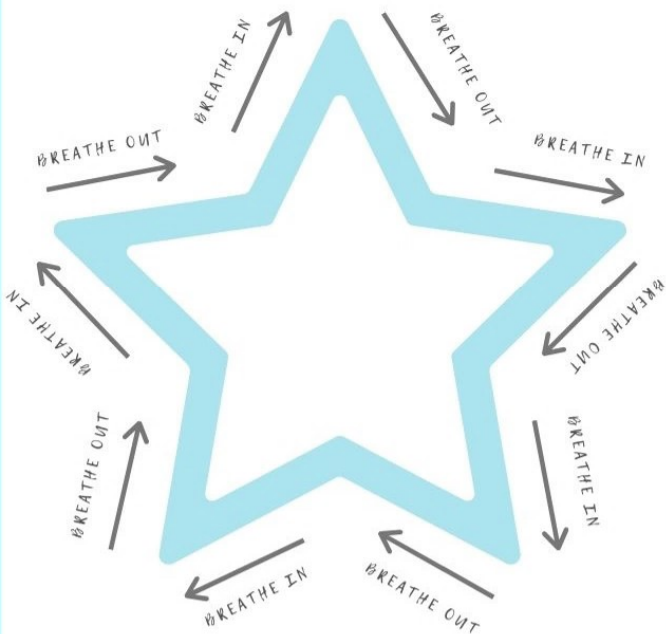
# HAND BREATHING



# SQUARE BREATHING



# STAR BREATHING

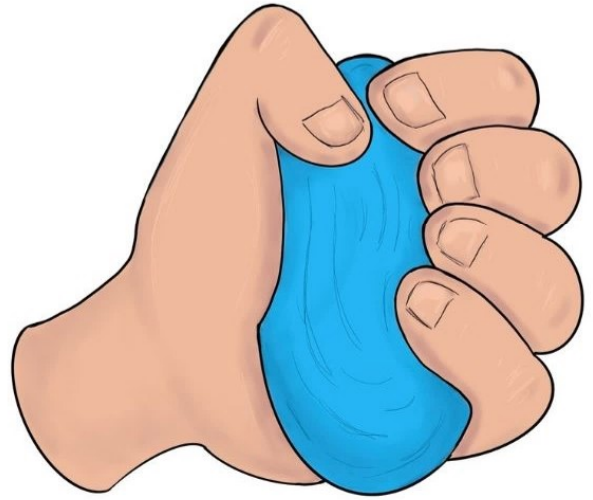


# BREATHING EXERCISE:

\_\_\_\_\_

# RELAXATION TECHNIQUES

## STRESS BALL



SQUEEZE AND RELEASE A  
STRESS BALL

## HUG A SOFT TOY



HUG TIGHT YOUR FAVOURITE  
SOFT TOY

## HUG YOURSELF



GIVE YOURSELF A BIG HUG /  
HUG YOURSELF TIGHT

## HUG YOUR KNEES



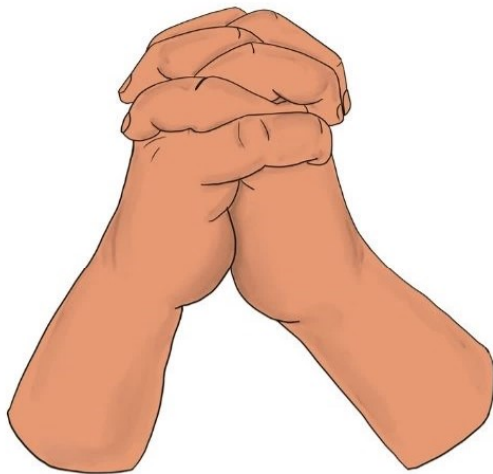
SIT DOWN AND  
HUG YOUR KNEES TIGHTLY

## PALM PRESSES



PRESS YOUR PALMS TOGETHER  
FOR 5 SECONDS. REPEAT TILL  
YOU FEEL BETTER

## HAND SQUEEZES



INTERLACE YOUR FINGERS AND  
SQUEEZE TIGHT

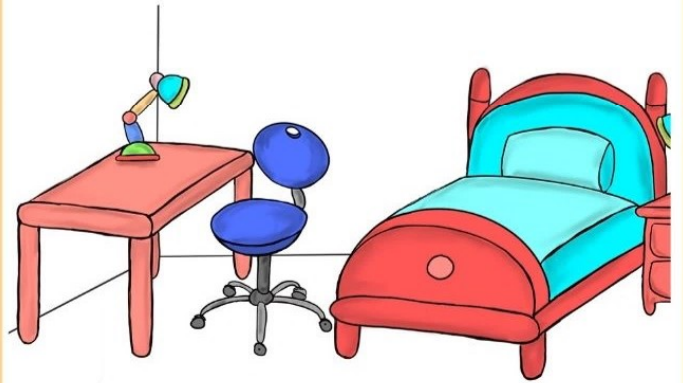
## WALL PUSH



PLACE YOUR PALMS ON THE WALL  
& PUSH FOR 5 SECONDS

**TAKE  
A  
BREAK**

**GO TO YOUR ROOM  
OR  
CALM DOWN CORNER**



**GO TO A QUIET PLACE WHERE  
YOU CAN CALM DOWN, LIKE  
YOUR BEDROOM OR A CALM  
DOWN CORNER**

**STEP OUT TO THE GARDEN**



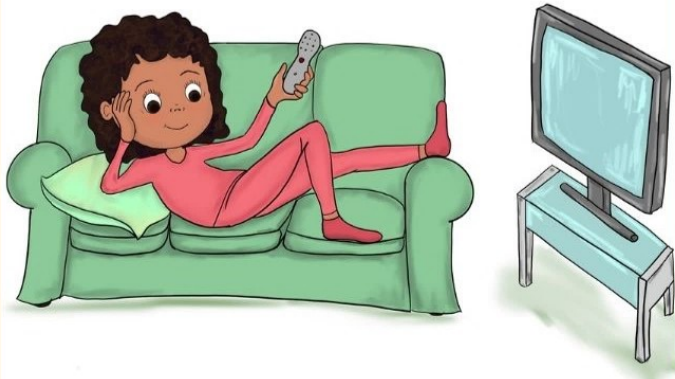
**BREATHE SOME  
FRESH AIR!**

**GO FOR A WALK**



**WALK AWAY FROM THE SITUATION  
THAT ANNOYED YOU**

## WATCH TV



WATCH ONE OF YOUR FAVORITE TV PROGRAMS

## PLAY COMPUTER GAMES



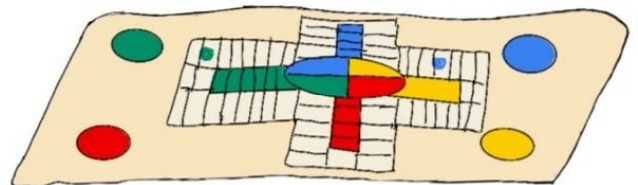
HAVE FUN WITH COMPUTER / VIDEO GAMES

## READ A BOOK



READ AN INTERESTING BOOK OR HAVE SOMEONE READ A STORY TO YOU

## PLAY BOARD GAMES



PLAY A BOARD GAME WITH YOUR PARENTS, FRIENDS OR SIBLINGS



## MAKE A DRAWING



MAKE A COOL DRAWING

## SING OUT LOUD



SING OUT LOUD

## PLAY WITH A FIDGET TOY



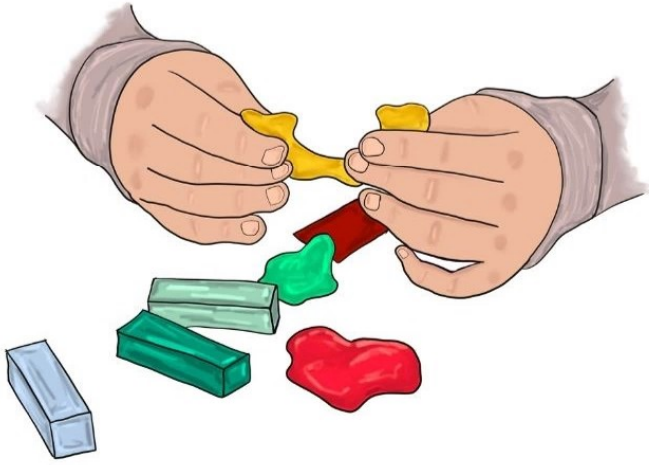
PLAY WITH A FIDGET SPINNER  
OR ANOTHER FIDGET TOY THAT  
YOU LIKE

## LISTEN TO MUSIC



LISTEN TO YOUR FAVORITE  
SONGS

# PLAYDOUGH / CLAY



PLAY WITH PLAYDOUGH OR  
MODEL WITH CLAY

# ARTS & CRAFTS



DO SOME ARTS & CRAFTS

## FUN "BREAK" ACTIVITY:

---

## FUN "BREAK" ACTIVITY:

---

**BURN**

**IT**

**OUT**

**BOUNCE ON A BALL**



**SKIP JUMPING**



**JUMPING JACKS**



**DANCE**



DANCE LIKE THERE'S NO  
TOMORROW!

**BIKE RIDING**



GO FOR A RIDE OR USE A  
STATIC BIKE!

**GO FOR A RUN**



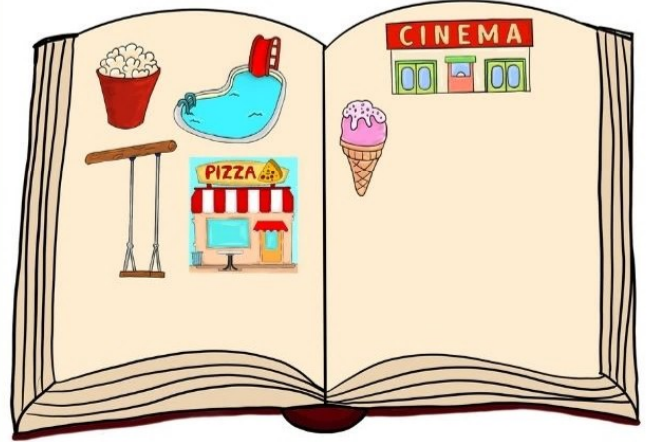
GO FOR A RUN (OR RUN  
AROUND THE SOFA!)

**EXERCISE:**

---

# DEALING WITH YOUR THOUGHTS

## LOOK AT YOUR HAPPY THOUGHTS ALBUM



SUPER TOOL: AN ALBUM  
WHERE YOU CAPTURE YOUR  
HAPPY MEMORIES

## CHANGE UNHELPFUL THOUGHTS ...



## CHANGE ANGRY THOUGHTS ...



# TEAR UP YOUR ANGRY THOUGHTS



WRITE DOWN WHAT MAKES YOU MAD AND TEAR UP THE PAPER

# THROW YOUR THOUGHTS AWAY



THROW ANGRY THOUGHTS IN THE RUBBISH BIN

## STRATEGY:

---

## STRATEGY:

---

# SENSORY STRATEGIES

## LAVA LAMPS



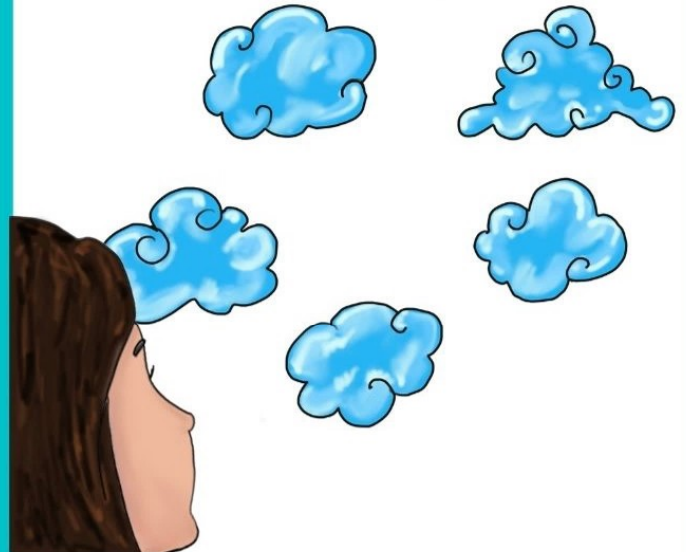
LOOK AT THE RELAXING MOTION OF A LAVA LAMP

## SENSORY BOTTLES



GRAB YOUR MESMERIZING SENSORY BOTTLE

## WATCH THE CLOUDS



LOOK AT THE CLOUDS MOVING AWAY

## LISTEN TO MUSIC



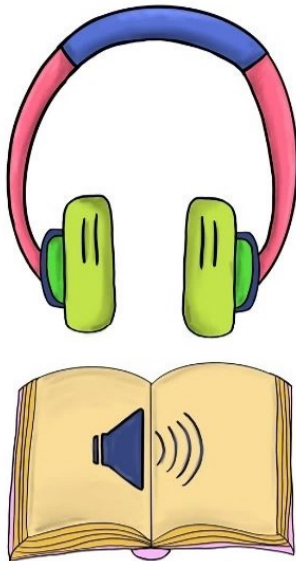
LISTEN TO SOME MUSIC THAT WILL HELP YOU RELAX

## RELAXING SOUNDS



LISTEN TO THE SOOTHING SOUNDS OF NATURE

## LISTEN TO AN AUDIOBOOK



LISTEN TO A FUN OR INTERESTING AUDIOBOOK

## INDULGE YOURSELF



SOMETIMES IT'S OK TO TREAT YOURSELF...



## WEIGHTED BLANKET



COVER YOURSELF WITH A WEIGHTED BLANKET

## WEIGHTED PUPPY



HOLD A WEIGHTED PLUSH TOY

## HIDE IN BODY SOCK



## ASK FOR A MASSAGE



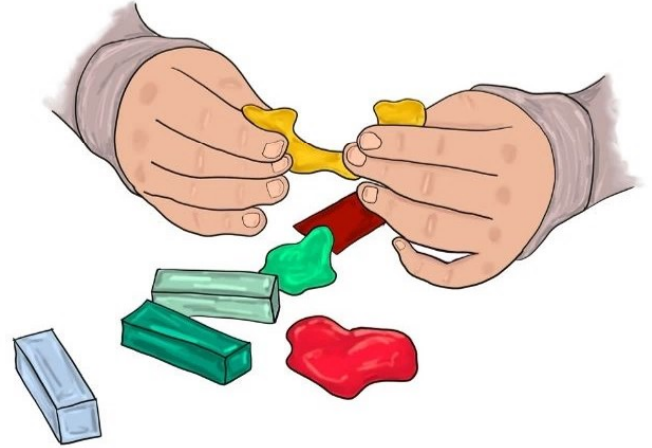
GET A RELAXING MASSAGE

## HAVE A BATH



LET THE WATER CARESS  
YOU AND THE SCENTS  
SOOTHE YOU

## PLAY WITH PLAYDOUGH



PUSH, ROLL & FLATTEN  
YOUR PLAY DOUGH TILL  
YOUR ANGER GOES AWAY

## SOOTHING SMELLS



SMELLTHOSE SCENTS THAT  
HELP YOU CALM DOWN

5 4 3 2 1

I NAME...

5

THINGS THAT I CAN SEE



4

THINGS THAT I CAN TOUCH



3

THINGS THAT I CAN HEAR



2

THINGS THAT I CAN SMELL



1

THING THAT I CAN TASTE



# SWING!



SWING YOUR BAD MOOD AWAY!

# JUMP ON A TRAMPOLINE



# STRATEGY:

---



# STRATEGY:

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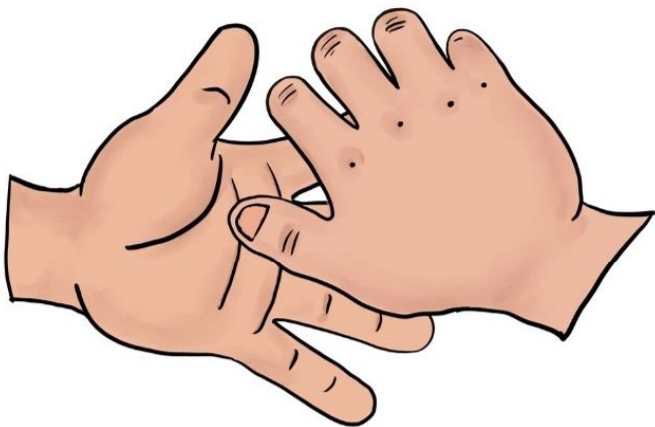
# MASSAGE

## ARM MASSAGE



FIRMLY SQUEEZE YOUR ARM,  
FROM SHOULDER TO HAND

## HAND MASSAGE



USE YOUR THUMB TO PRESS  
FIRMLY THE PALM OF YOUR  
OTHER HAND

## EAR MASSAGE



GENTLY PULL AND RUB YOUR  
EAR LOBES

# YOGA

## DOWNWARD DOG POSE



FROM ALL FOURS POSITION, TUCK YOUR TOES UNDER AND LIFT YOUR HIPS BACK UP AND STRAIGHTEN YOUR LEGS

## CAT POSE



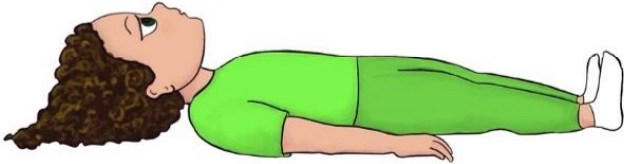
SLOWLY RAISE YOUR BACK

## COW POSE



LIFT YOUR HEAD AND MOVE BELLY TOWARD THE FLOOR

## CORPSE POSE



LIE ON THE BACK, EYES CLOSED  
AND LEGS SLIGHTLY SPREAD

## TREE POSE



BEND YOUR RIGHT KNEE AND  
PLACE YOUR FOOT ON THE INSIDE  
OF YOUR LEFT LEG

POSE:

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POSE:

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**STRATEGY:**

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**STRATEGY:**

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**STRATEGY:**

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**STRATEGY:**

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**STRATEGY:**

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**STRATEGY:**

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**STRATEGY:**

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## OTHER RESOURCES

# PRINTABLE FLASHCARDS

Links to the products under each image (for Europe check at the end of the page)



**Emotions**



**Affirmations**



**Anxiety Affirmations**



**Calm Down**

(Calm down cards are part of the Cool Kid Journal)



**(Animal) Yoga**

If you are buying from **EUROPE**

Please, use the following links for purchases made from Europe:

**Emotions Cards**

**Affirmations Cards**

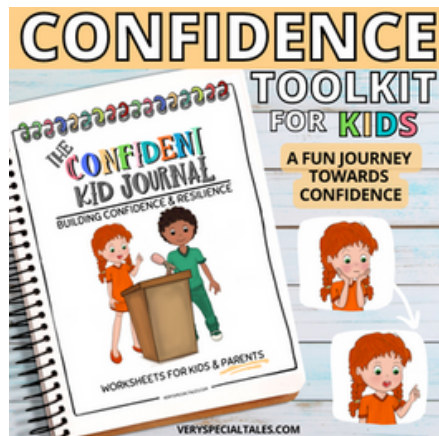
**Anxiety Affirmations Cards**

**Calm Down Cards (included in our Anger Workbook)**

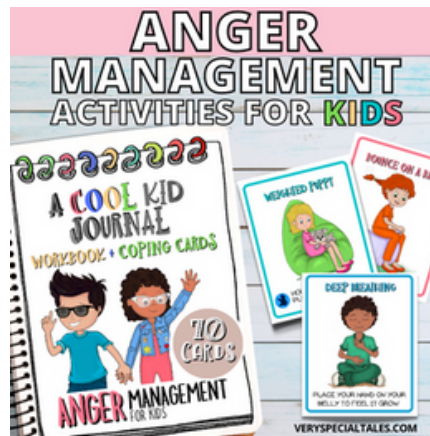
**Animal Yoga Cards**

# OTHER RESOURCES PRINTABLE JOURNALS & WORKBOOKS

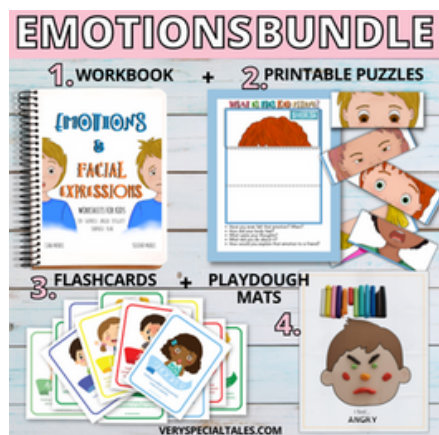
Links to the products under each image (for Europe check at the end of the page)



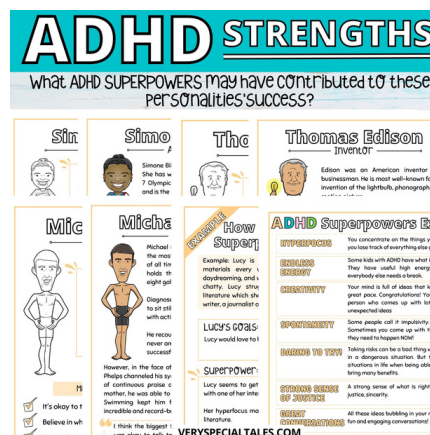
**Confidence & Self-Esteem**



**Anger Management**



**Emotions Bundle**



**ADHD Superpowers**

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- Self-Esteem Workbook**
- Anger Management Workbook**
- Emotions Bundle**
- ADHD Superpowers**