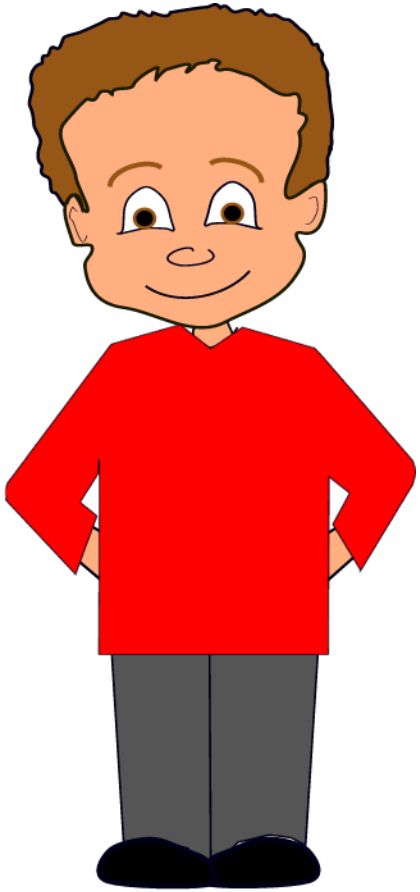
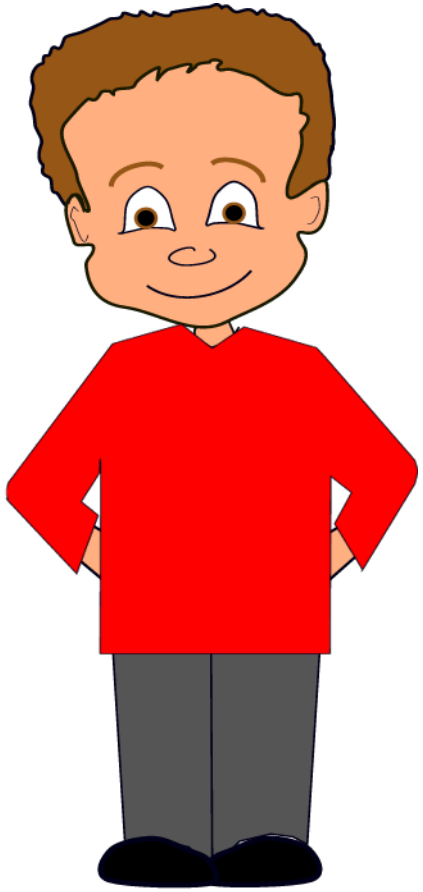
Calming Down

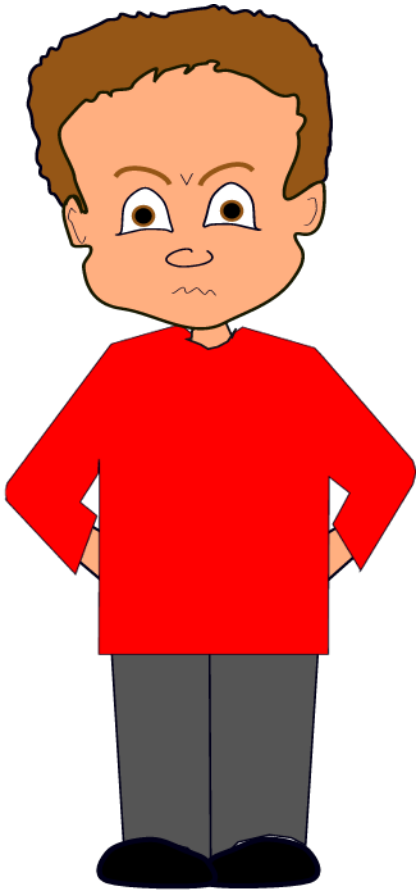


Created by George Timlin

Warwickshire County Council

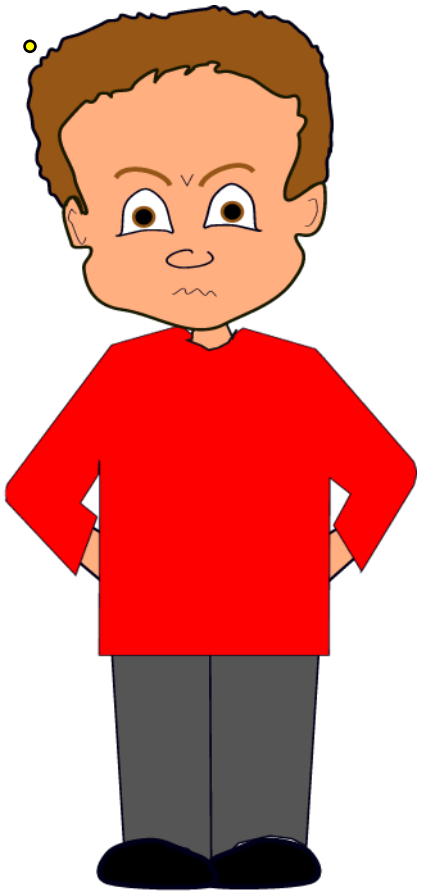


This book will help me keep calm.

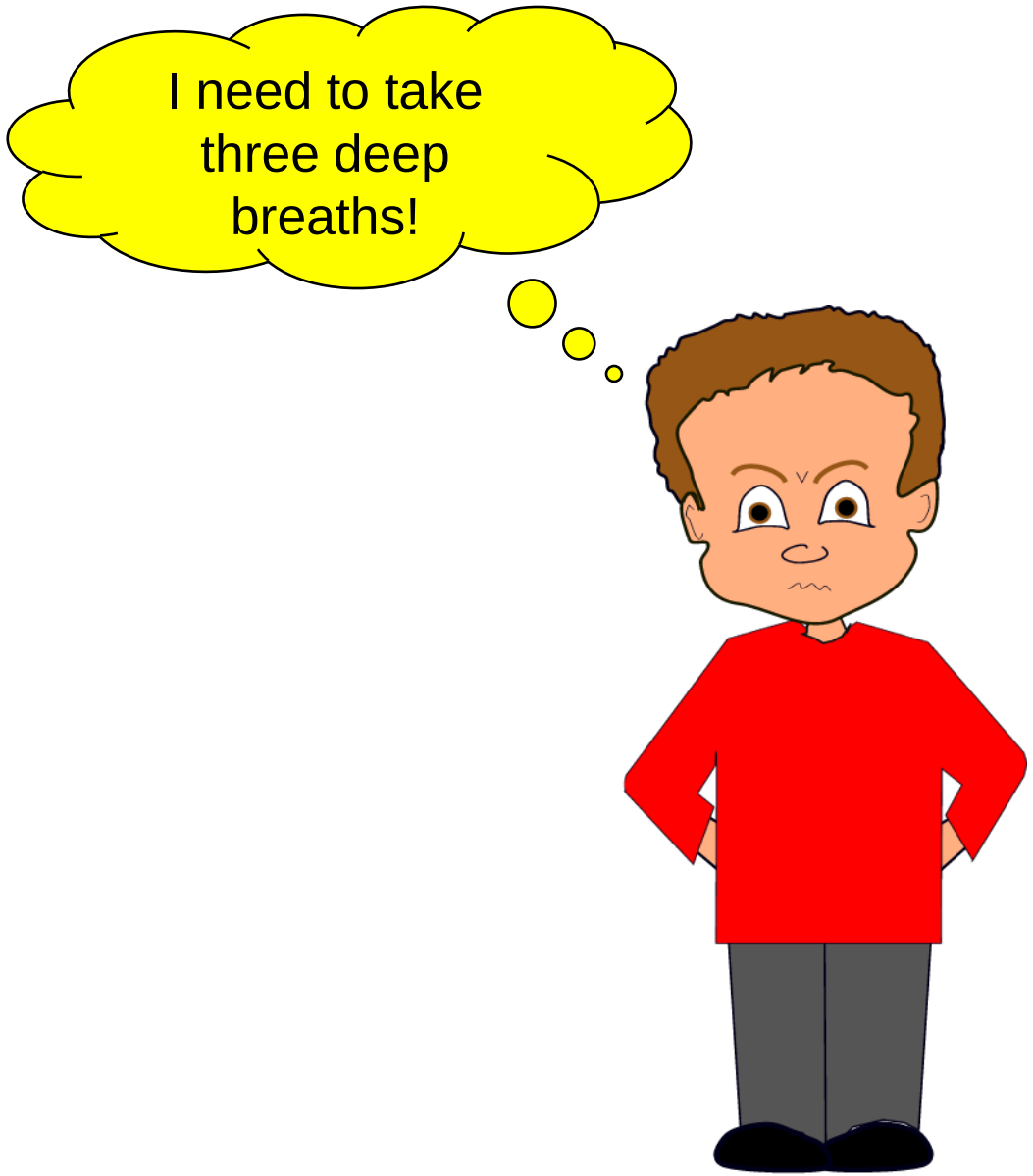


When I’m angry or upset there are three things I can try.

I can stop and think!



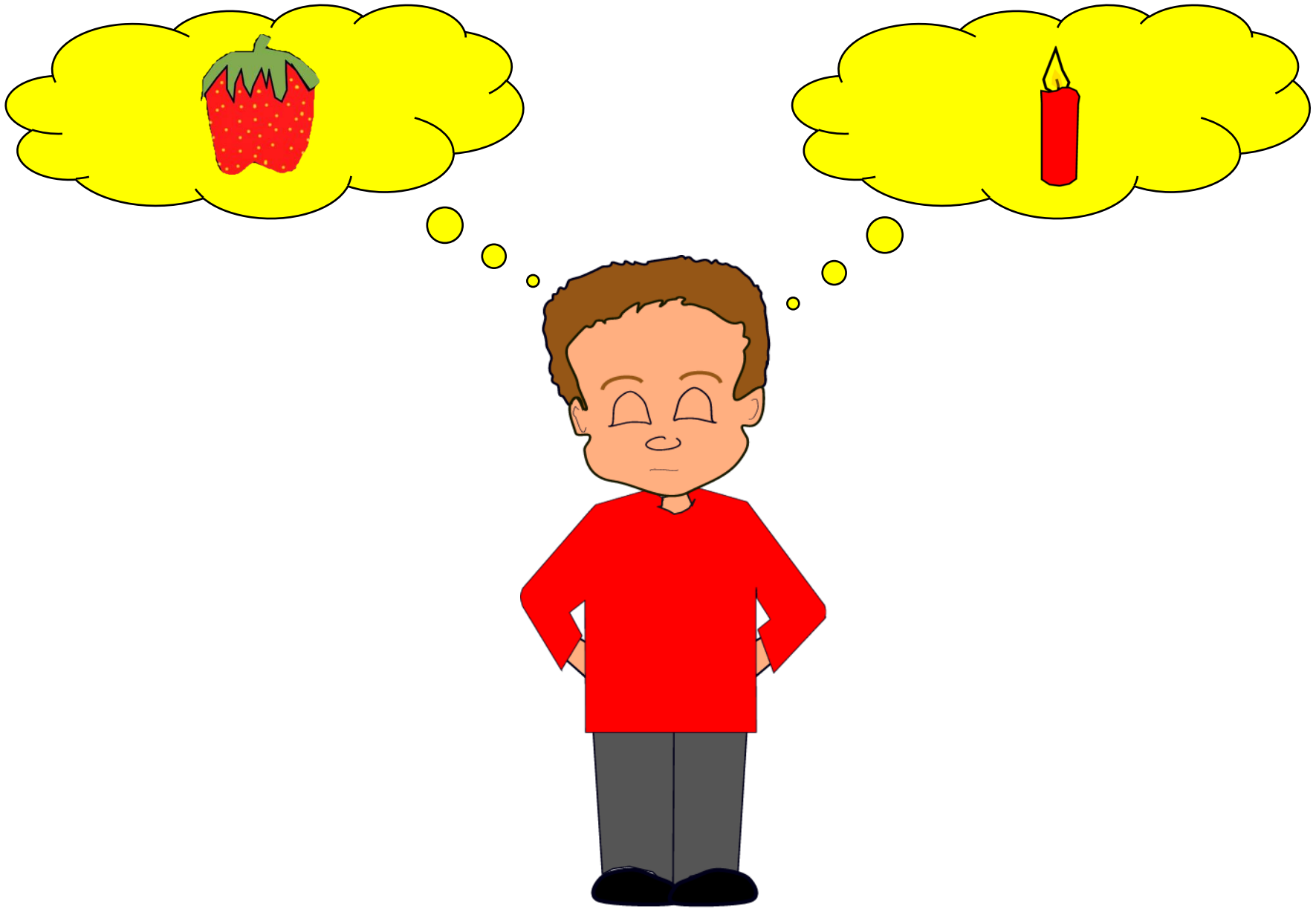
Think before I do anything! Take a ‘time out’!



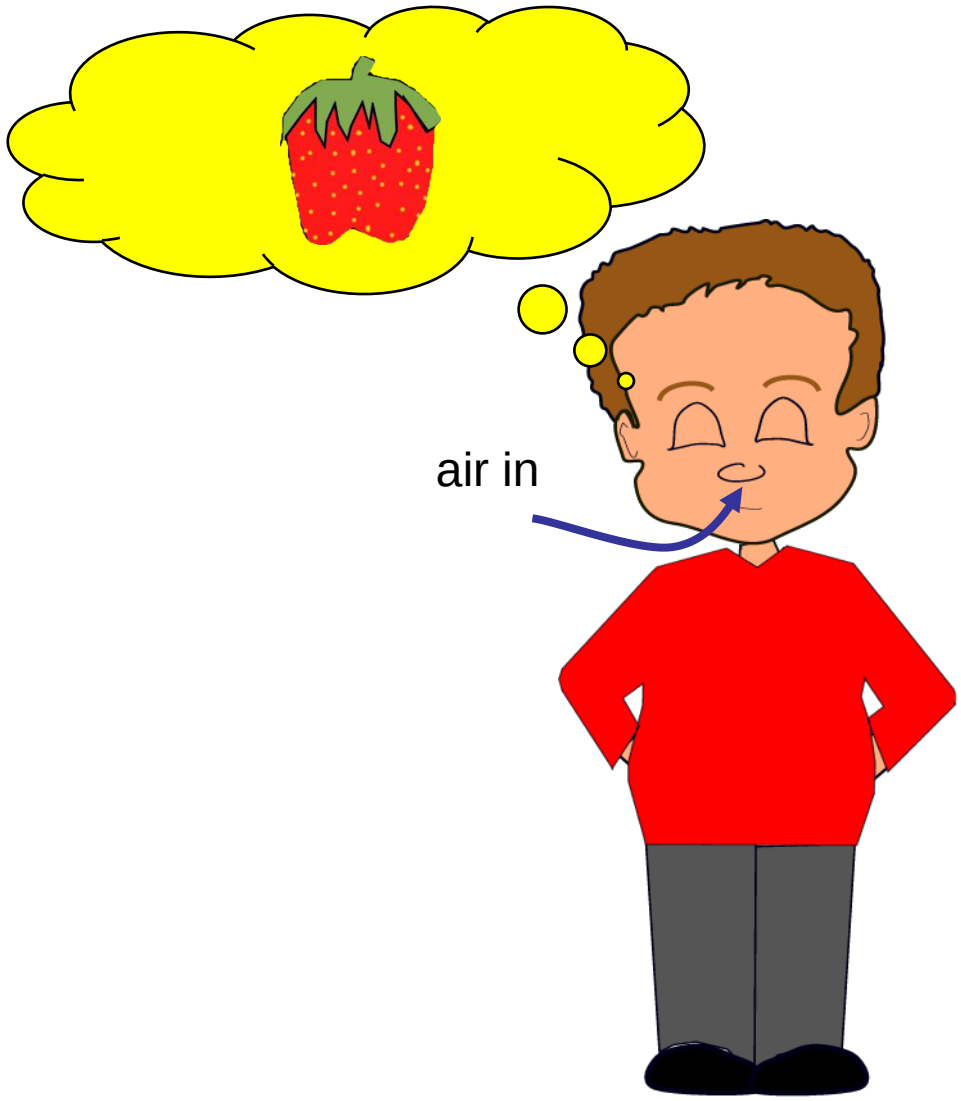
Take time to relax and calm myself down.



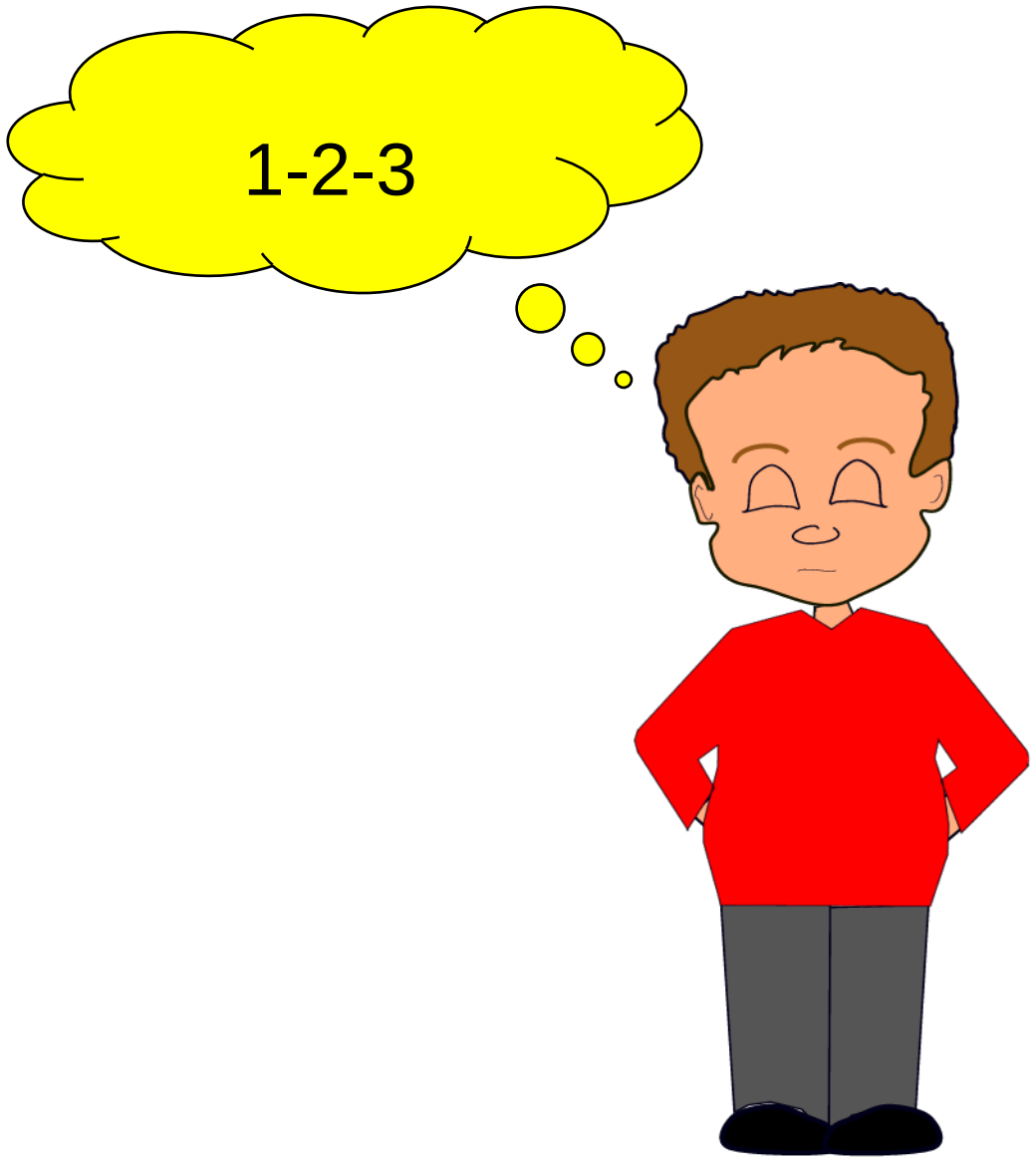
I can close my eyes and think……



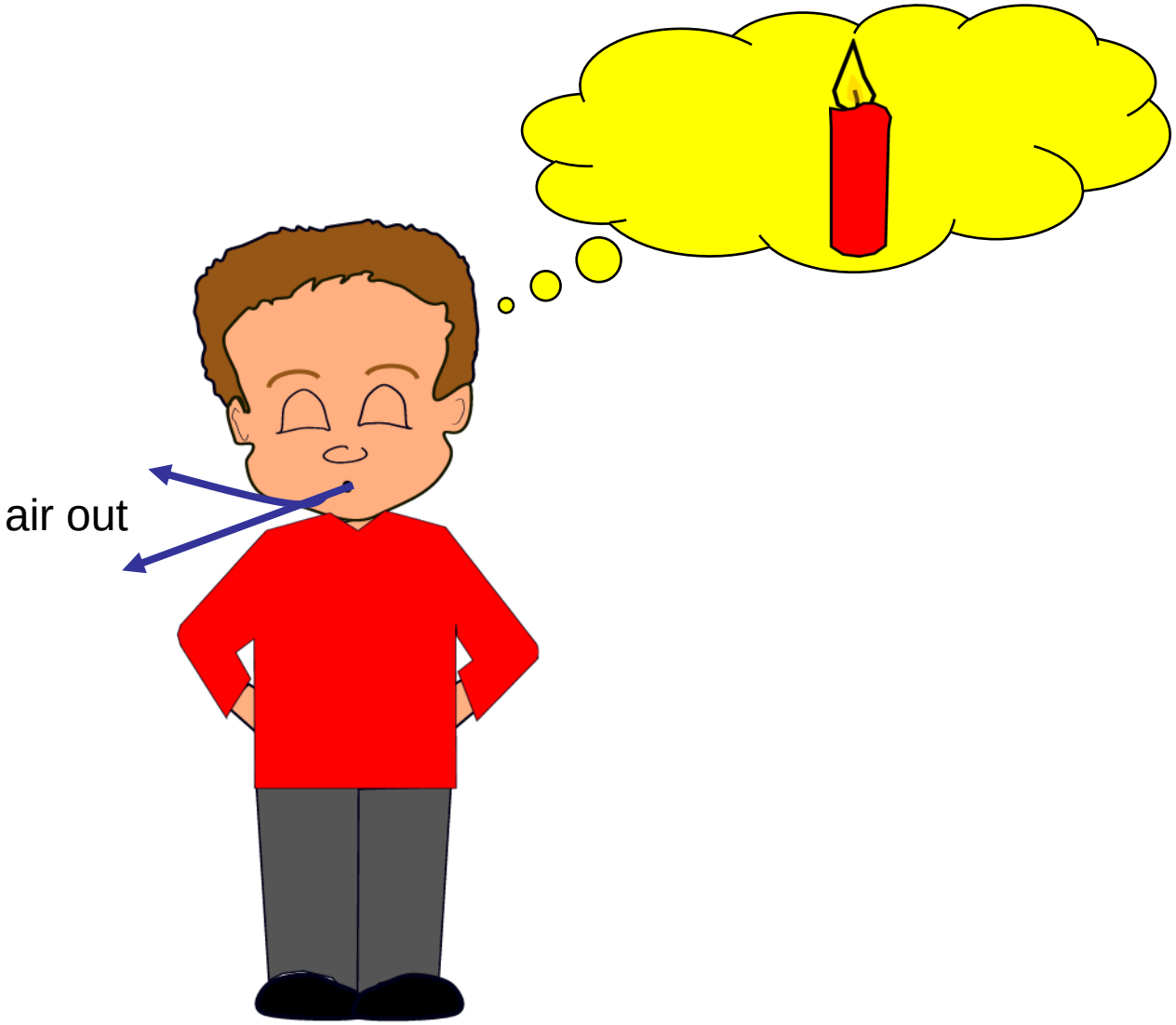
……..of a strawberry and a candle.



When I think of the strawberry I can take a deep breath in through my nose. Like I’m smelling the strawberry.



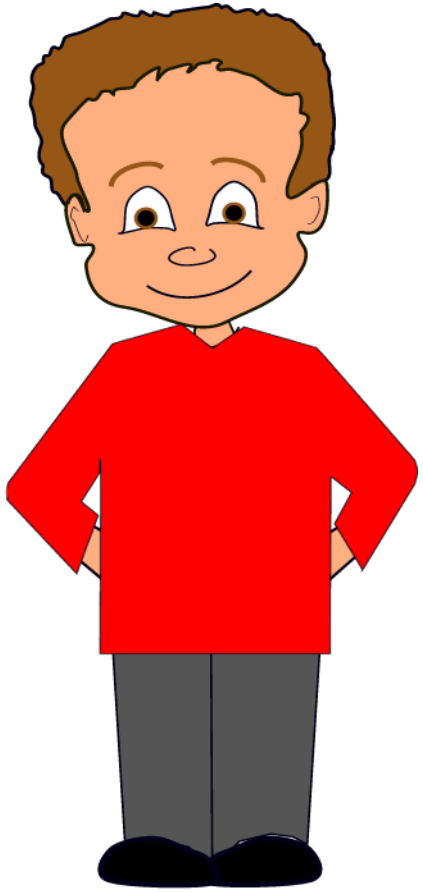
Hold my breath and count to three slowly in my head.



Then I think of the candle. I can breathe out slowly through my mouth. Like I’m blowing the candle out.



I can try to do this three times.



This will help me feel calm inside.



I can then try to move away and think of something I like.

(I can draw a picture of the thing I like thinking of in the thought bubble above)



This is a good idea.



THE END