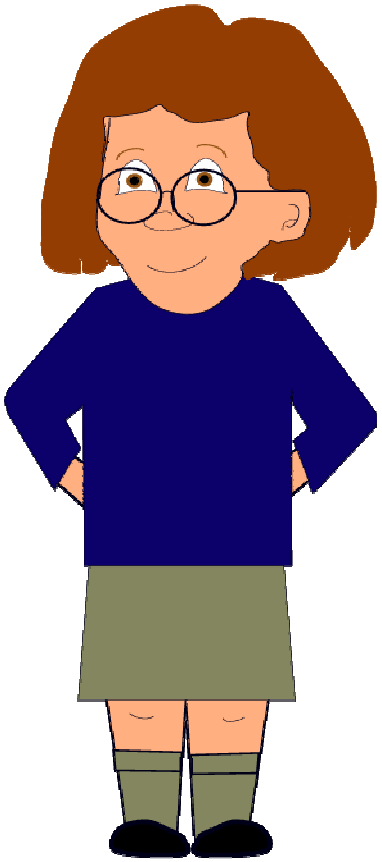
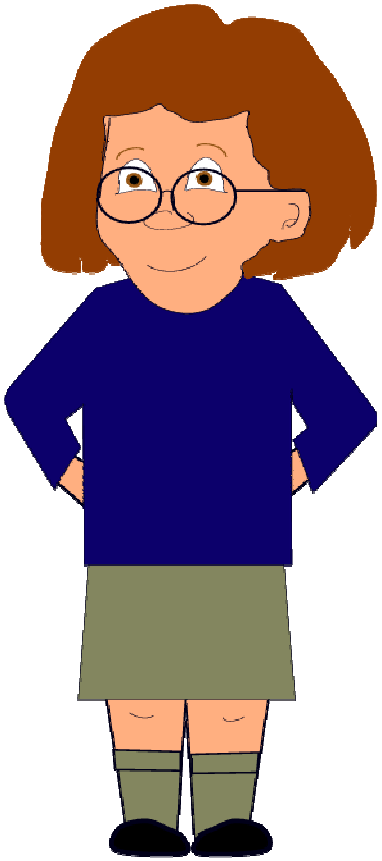
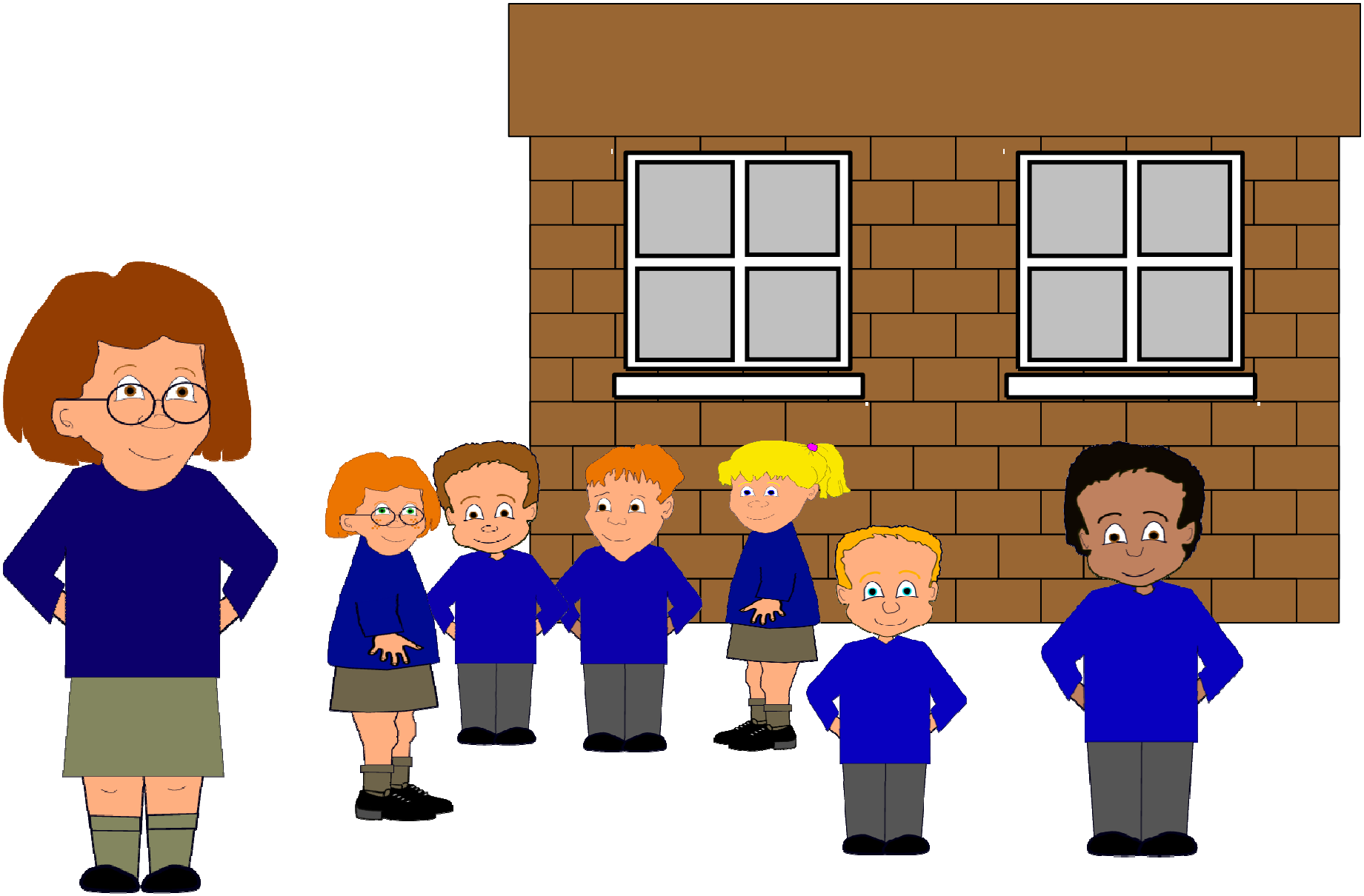
Calming Down



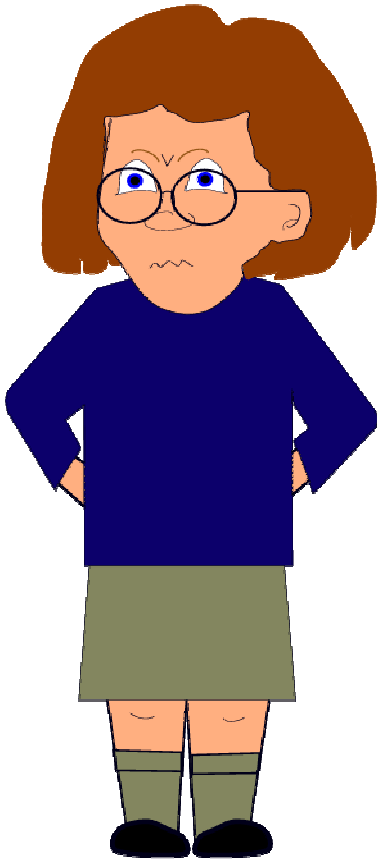
Created by George Timlin



My name is _____



I go to _____.



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



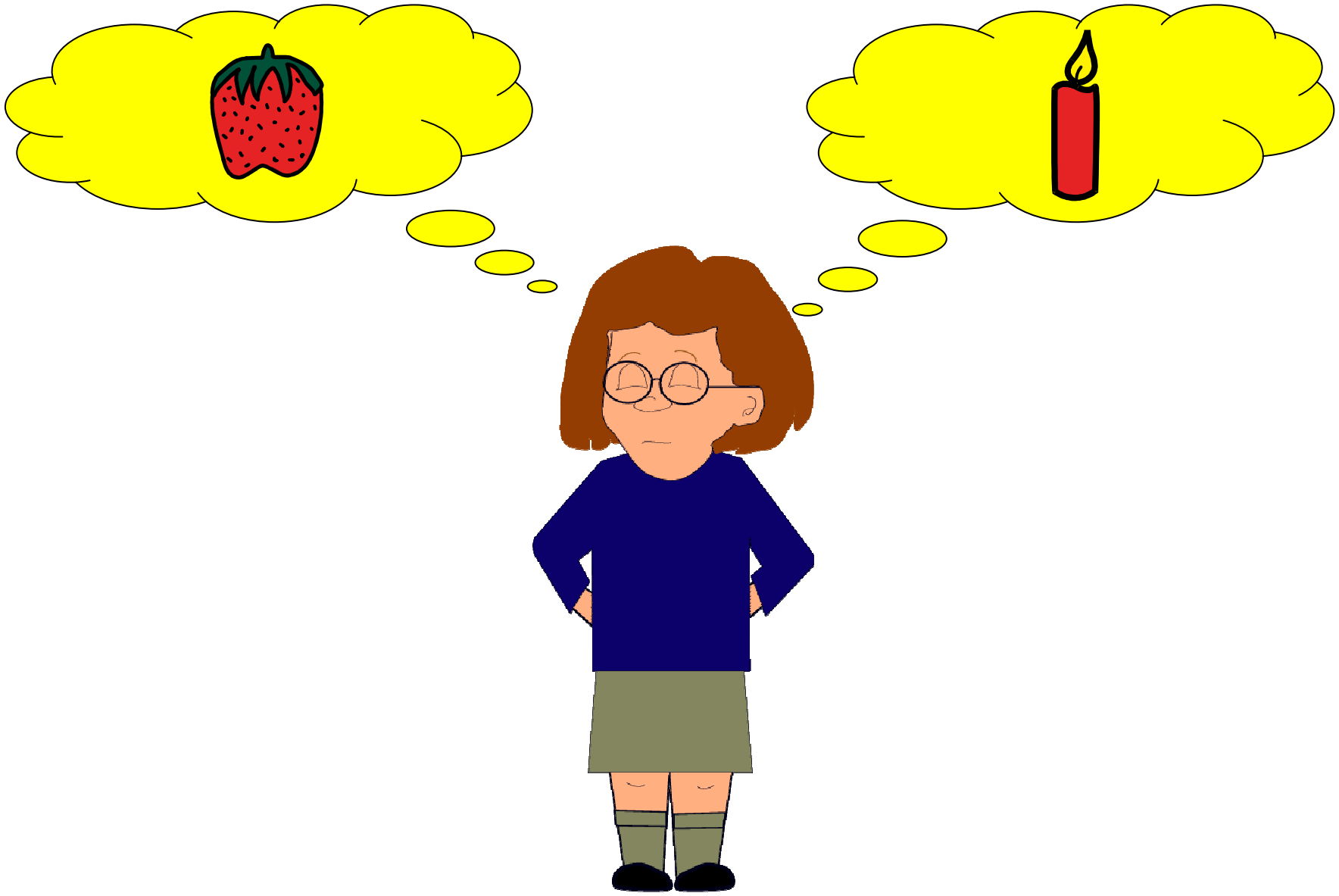
Think before I do anything! Take a ‘time out’!



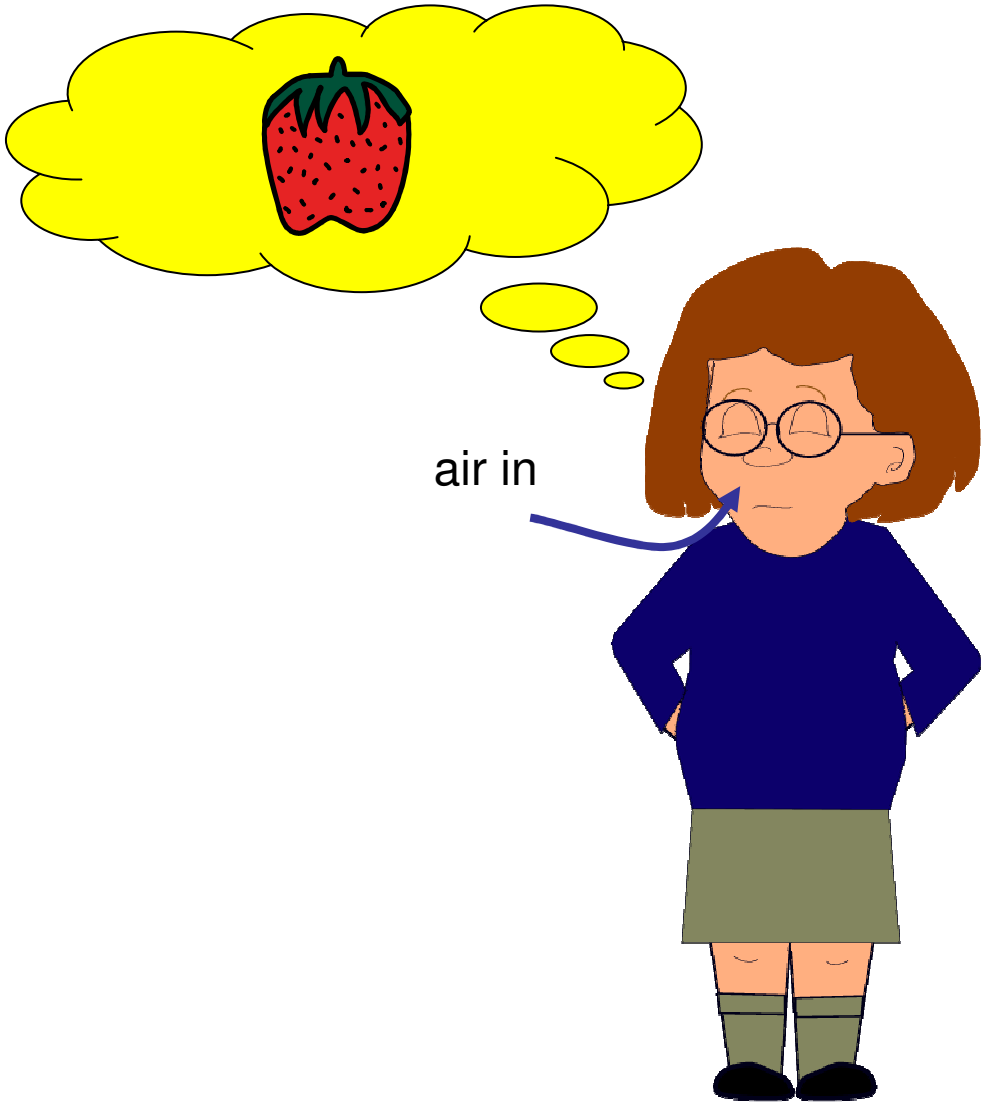
Take time to relax and calm myself down.



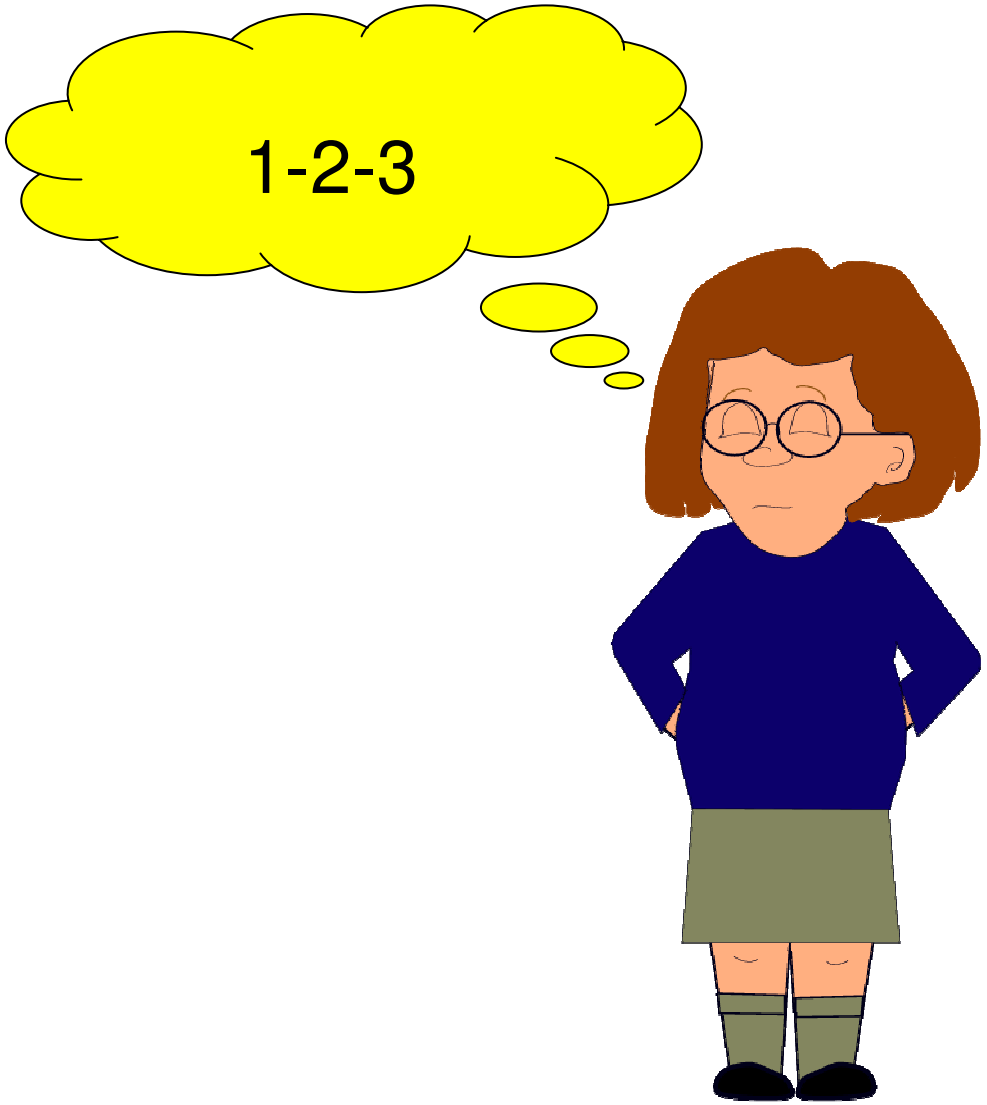
I can close my eyes and think……



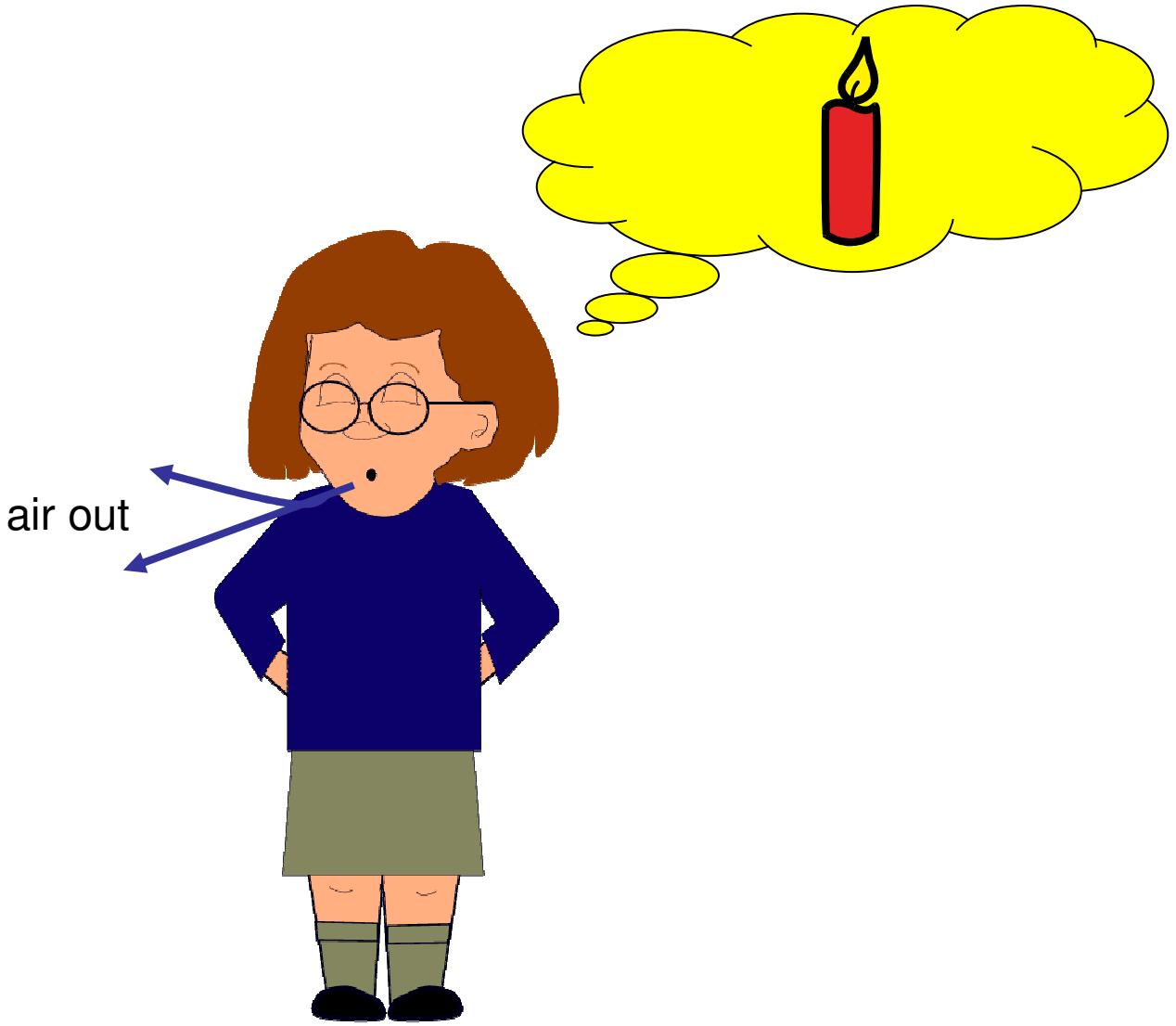
……..of a strawberry and a candle.



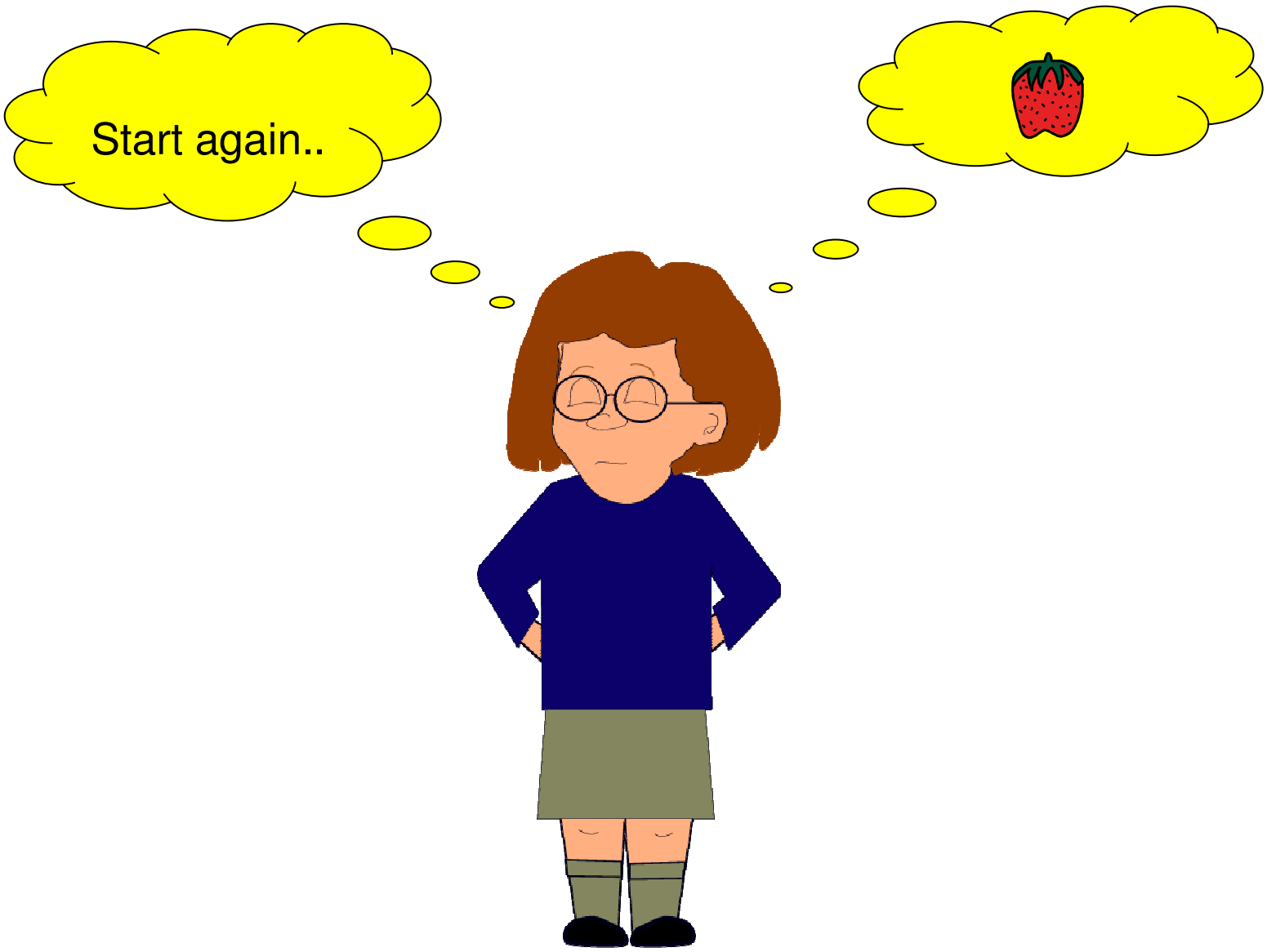
When I think of the strawberry I can take a deep breath in through my nose. Like I'm smelling the strawberry.



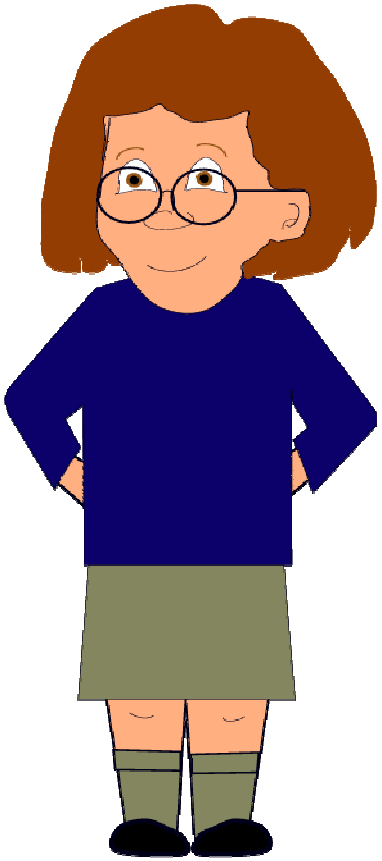
Hold my breath and count to three slowly in my head.



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



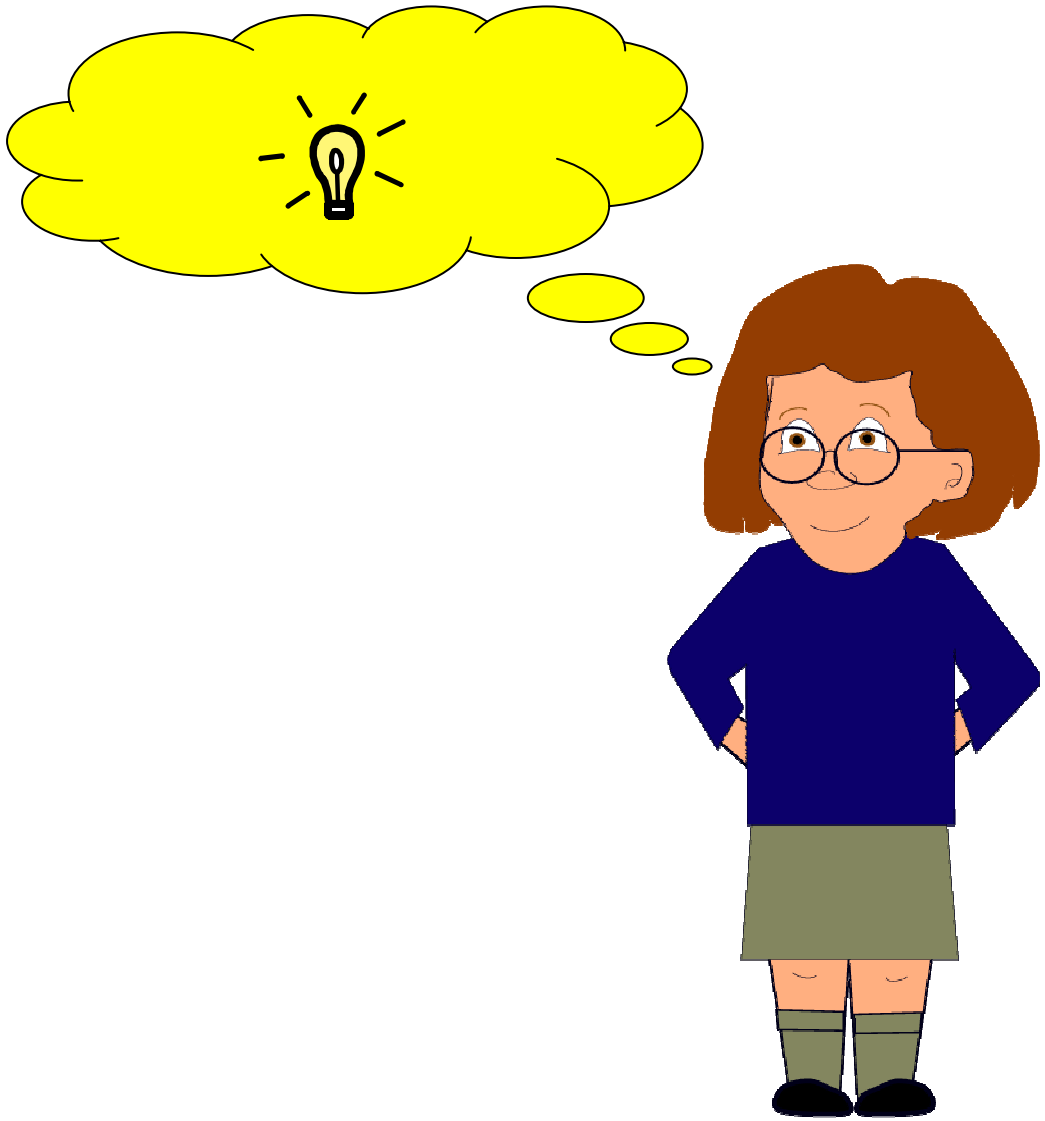
I can try to do this three times.



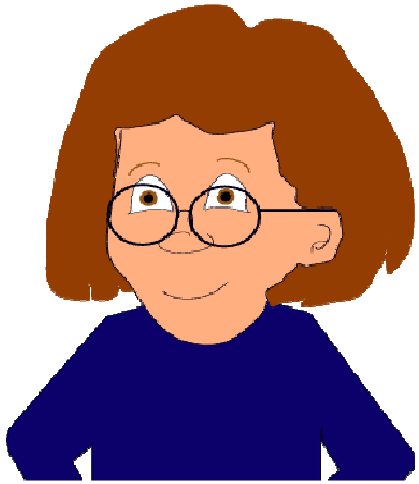
This will help me feel calm inside.



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



This is a good idea.



THE END