

# 10 WAYS

## to Calm Down



1. Breathe in and out slowly 10 times.
2. Squeeze a stress ball.
3. Take a break and get a drink of water.
4. Talk to a grown-up.
5. Hug someone.



6. Draw a picture about it.
7. Write about your feelings.
8. Do some stretches.
9. Think of something happy.
10. Read a magazine or book.

