

CALMING STRATEGIES DOWNLOAD

calming strategies

WHICH CALMING STRATEGIES ARE HELPFUL AND WHICH MIGHT NOT BE A GOOD IDEA? DISCUSS WITH A FRIEND OR FAMILY MEMBER.

DIRECTIONS: YOU'VE GLUED ALL THE STRATEGIES INTO PLACE. CIRCLE 1 OR 2 THAT YOU WANT TO TRY.

NO!

calming strategies

CUT OUT THE FOLLOWING STRATEGIES. READ EACH ONE OUT LOUD AND DECIDE WHETHER IT'S A GOOD STRATEGY FOR CALMING DOWN OR NOT. GLUE IT INTO THE "YES" OR "NO" SECTION ON THE NEXT PAGE.

spend time by yourself	tell yourself you can handle it	pout
scream	take a deep breath	hit a pillow
count to 20	run around the block	hit your brother/sister
yell at someone	write in a journal	talk to a trusted person

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calming strategies

CAN YOU THINK OF SOME MORE STRATEGIES THAT YOU LIKE TO USE?

DIRECTIONS: WRITE OR DRAW SOME OF YOUR OWN IDEAS IN THE BOXES BELOW.

calming strategies

AND WHILE IT MAY NOT BE PLEASANT, REMEMBER THAT THEY WON'T LAST FOREVER. HELP US IN DIFFERENT SITUATIONS. WRITE DOWN AN EMOTION AND WRITE OR DRAW A STRATEGY FOR FEELING EACH OF THESE THINGS.

CAN...

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calming strategies

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pout

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count to 20

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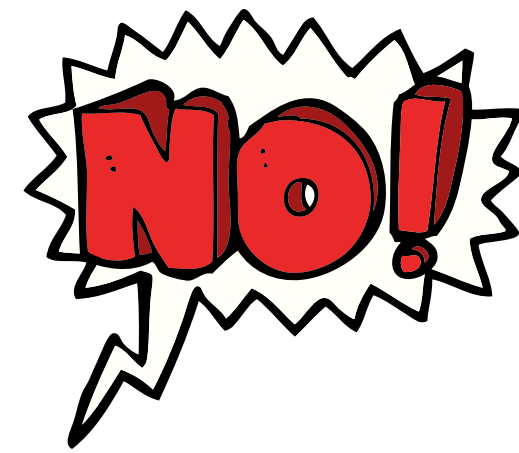
write in a journal

talk to a trusted person

calming strategies

WHICH CALMING STRATEGIES ARE HELPFUL AND WHICH MIGHT NOT BE A GOOD IDEA?
DISCUSS WITH A FRIEND OR FAMILY MEMBER.

DIRECTIONS: AFTER YOU'VE GLUED ALL THE STRATEGIES INTO PLACE, CIRCLE 1 OR 2
THAT YOU WANT TO TRY.



calming strategies

CAN YOU THINK OF SOME MORE STRATEGIES THAT YOU LIKE TO USE?

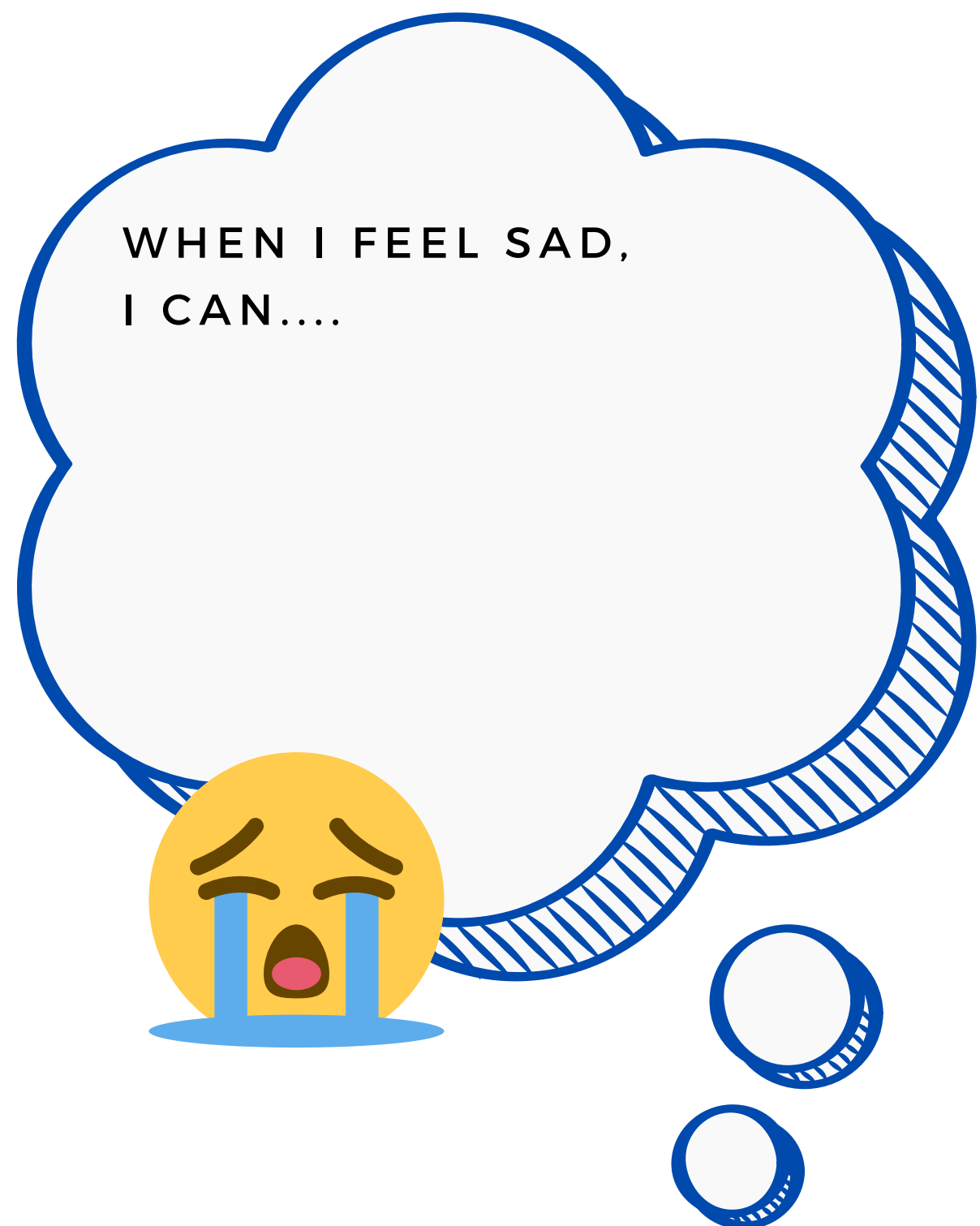
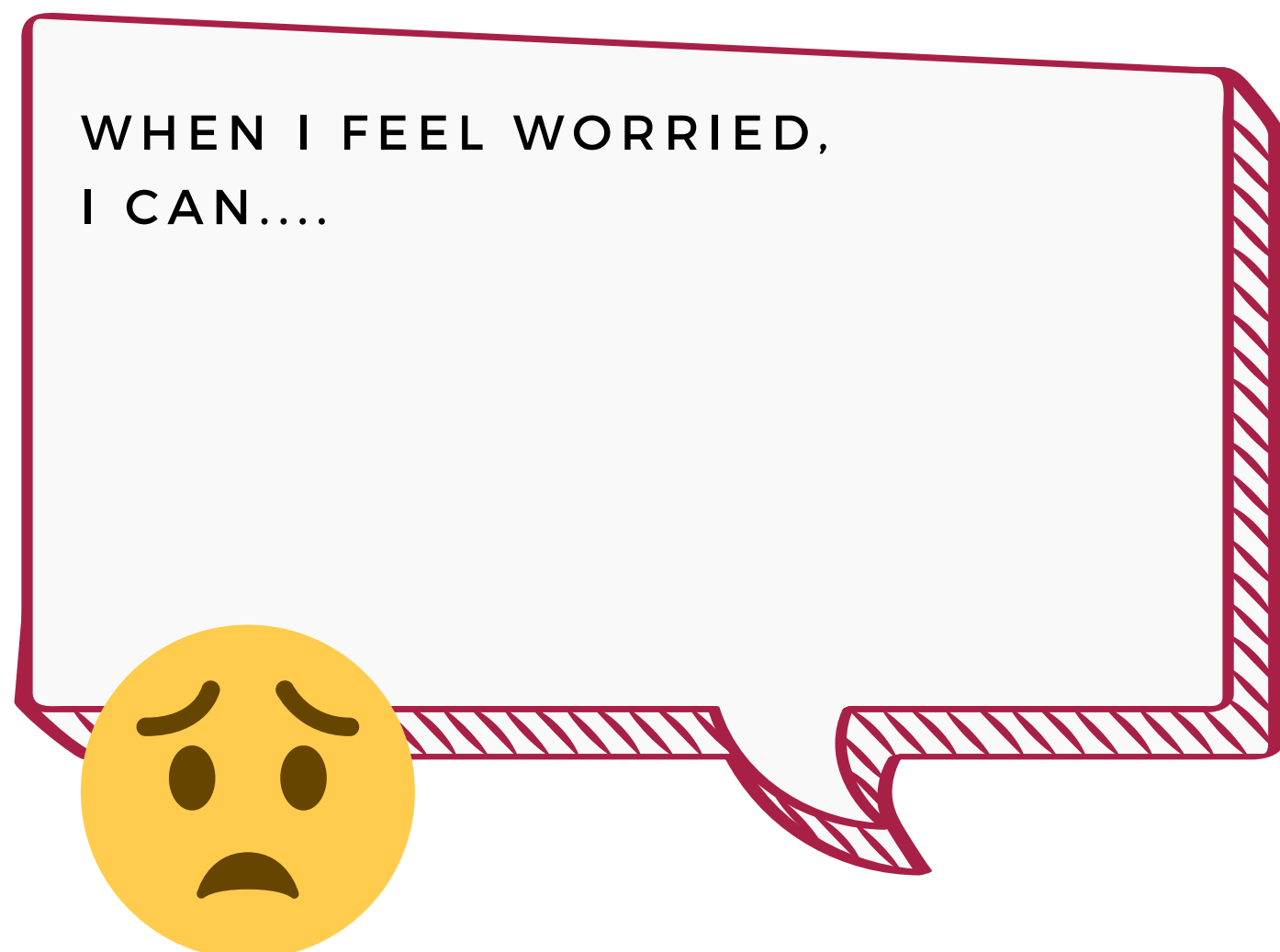
DIRECTIONS: WRITE OR DRAW SOME OF YOUR OWN IDEAS IN THE BOXES BELOW.

Two large, empty rectangular boxes with dashed gray borders, arranged side-by-side. These boxes are intended for the user to write or draw their own calming strategies.Two large, empty rectangular boxes with dashed gray borders, arranged side-by-side. These boxes are intended for the user to write or draw their own calming strategies.

calming strategies

IT'S NATURAL TO FEEL NEGATIVE EMOTIONS AND WHILE IT MAY NOT BE PLEASANT IN THE MOMENT, IT'S IMPORTANT TO REMEMBER THAT THEY WON'T LAST FOREVER. WE CAN USE DIFFERENT STRATEGIES TO HELP US IN DIFFERENT SITUATIONS.

DIRECTIONS: WRITE OR DRAW SOME IDEAS FOR YOU TO REMEMBER NEXT TIME YOU'RE FEELING EACH OF THESE EMOTIONS.



dealing with change

CHANGE HAPPENS ALL THE TIME AND SOMETIMES IT CAN FEEL SCARY. CHANGE LOOKS AND FEELS DIFFERENT FOR EVERYONE. LET'S HAVE A LOOK AT SOME DIFFERENT KINDS OF CHANGE.

DIRECTIONS: READ THE EXAMPLES BELOW AND DRAW A LINE TO CONNECT IT TO WHERE YOU WOULD RATE THIS CHANGE ON A SCALE FROM SMALL TO BIG.

Losing your favourite eraser

Starting in a new grade with a new teacher

Moving house

SMALL



BIG

Indoor recess because it's raining

Running out of your favourite cereal and having to eat something else

Getting a new baby brother or sister

Someone is sitting in your seat

Having a substitute teacher

Your pet passes away

dealing with change

WHY DOES CHANGE FEEL SO UNCOMFORTABLE?

WHEN CHANGE OCCURS, WE HAVE TO STEP OUTSIDE OF OUR COMFORT ZONE AND INTO THE UNKNOWN. THE UNKNOWN IS SCARY BECAUSE WE OFTEN DO NOT KNOW WHAT TO EXPECT. IT COULD BE BAD, BUT IT COULD ALSO BE GREAT!

DIRECTIONS: THINK OF A TIME WHEN YOU HAD TO DEAL WITH CHANGE. HOW DID IT FEEL INSIDE YOUR COMFORT ZONE? HOW DID IT FEEL STEPPING OUT AND INTO THE UNKNOWN? WRITE OR DRAW HOW IT FELT FOR YOU SOMEWHERE BELOW.



dealing with change

WHAT TO DO WHEN FACED WITH A CHANGE.

DIRECTIONS: USE THIS QUIZ TO HELP DETERMINE WHAT TO DO.



**What
happened?**

**Is it a big
change?**

**Is it a small
change?**

calming strategies

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Trying a new flavoured drink

Complimenting your friend on their hard work

Saying hello to someone new

GOOD



BAD

Performing on stage

Competing in a competition

Learning something new

Signing up for a new sport team

A family member passes away

Taking a test

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DIRECTIONS: MATCH THE EMOTICON TO THE EMOTION AND WRITE OR DRAW A STRATEGY TO REMEMBER NEXT TIME YOU'RE FEELING EACH OF THESE THINGS.

WHEN I FEEL...

I CAN..



Disappointed



Sad



Angry



Worried
