

Calming Strategies

The goal of this activity is to help kids select a calming strategy when they are upset, angry or frustrated.

Contains the following handouts:

My Calm Choices poster
I Can Keep Myself Calm by... worksheet

Directions for the activity:

1. Ask kids the following questions:
 - What are some things that you can do when you are upset, angry or frustrated?
 - What are some appropriate ways to handle those feelings?
 - What are some inappropriate ways?
2. Show and review the My Calm Down Choices poster. Ask kids if they would select one of the strategies on the poster to calm down.
3. Give the kids a copy of the worksheet to complete. Give them an opportunity to share.

Grades: lower elementary

Graphics and borders by:

Graphics by the Pond and Educlips



My Calm Down Choices



take deep
breaths



sit quietly



work quietly



count to ten



talk to your
teacher



ask for help



squeeze a ball



relax



listen to music



play



take a walk



exercise

I Can Keep Myself Calm by...

Directions: Write about how you can keep yourself calm for each emotion.

When I am feeling...	I can...
angry	
sad	
scared	
bored	
frustrated	
upset	
fidgety	