

CALMING STRATEGIES

TALKING TO A FRIEND OR ADULT

Who is someone in your life that you can talk to? _____

How can talking to someone help you? _____

JOURNALING

Do you have a journal? YES or NO (circle one)

How do you think journaling can help you work through your emotions? _____

EXERCISING

What is your favorite type of exercise? _____

How do you feel after you exercise? _____

GO OUTSIDE

What is your favorite thing to do outdoors? _____

Why do you think being outside is healthy? _____

DEEP BREATHING

What is your favorite way to take a deep breath? _____

