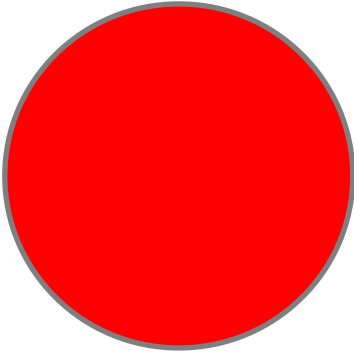
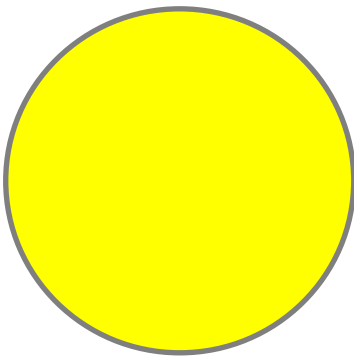


CALM DOWN CHOICE CHART



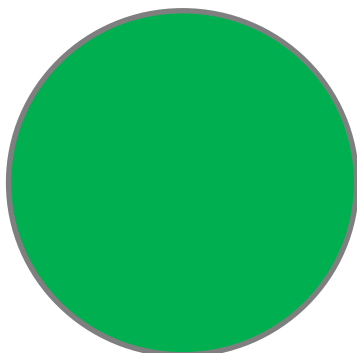
STOP – Big feelings are in control, try:

- Deep slow belly breaths. (Square or Pizza)
- Slow count to 10 (or 12 if we need it)
- Find my calm down spot
- Limp Noodle – Crunchy Noodle
- Balloon Blow up
- Listen to Music (AND Dance like crazy)
- Hit or throw a pillow, Stuffed Animal Bowling
- Call someone (Ally phone list)
- Percussion Corner
- Stairway Stomp
- Eyes closed (scrunch tight – open wide)
- Work it out
- Muscle by muscle (Squeeze and release)



CAUTION – Ready to settle or just heating up, try:

- Ask for a break
- Walk it out
- Blow Bubbles
- Snuggle up- get a hug or give a squeeze (people, pillows, animals, blankets)
- Rock in a chair
- Take a bath
- Look at a book
- Draw, Write or Color
- Drink water
- Play with something squishy, soft (or that just feels good)
- Smell something nice
- Hang out with an animal
- Be a blanket burrito



Good to Go – Ready for business, try:

- Teach a family member a calm down skill you like today
- Belly breath with a buddy
- Laugh Olympics challenge
- Family meditation time