



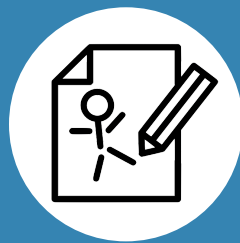
Top Calming Tools

for dealing with:

Strong Feelings



5 Finger Breathing



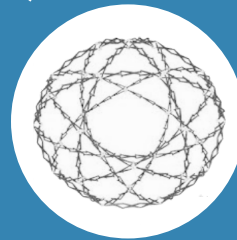
Draw or Color



Use a calming jar



Count to 10



Breathing Ball



Get a Drink of Water



Walk Away



Positive Self-Talk



Ask for Help



Think of a Happy Memory/Place