

# 10 WAYS to Calm Down



1. Breathe in and out slowly 10 times.

2. Squeeze a stress ball.

3. Take a break and get a drink of water.

4. Talk to a grown-up.

5. Hug someone.

6. Draw a picture about it.

7. Write about your feelings.

8. Do some stretches.

9. Think of something happy.

10. Read a magazine or book.

