

Calm Down -Connect 4!

C

A

L

M

D

Take 10 deep breaths!

March in place for 15 seconds

Touch your head, shoulders, knees, and toes 10 times

Hop on your left foot 8 times

O

Do 10 wall push-ups

Hop on your right foot 8 times

Humm your favorite song

Close your eyes and count to 10

W

Trace a star in the sky 5 times

Do 20 big arm circles

Pretend to blow out 5 birthday candles

Tell yourself "I got it! I'm good!" 3 times

N

Say 3 positive things about yourself

Take 5 deep breaths – like your blowing up a balloon

Do 5 push-ups

Imagine a peaceful place for 15 seconds

