

Create a Calm Down Kit

Directions: What objects, activities or practices help you calm down? Draw or write them in the boxes below. Feel free to add new ideas you haven't used yet and would like to try. This "calm down kit" can be a useful tool to use when emotions run high.

Reflect: Imagine putting this kit together. How would it feel? Where might you keep a "calm down kit" at home? Could you make a kit to use when you are not at home?

