Name: _____

ACTIVITY 6

STRATEGIES TO CALM YOURSELF DOWN

PART ONE: Read the following list of strategies that you can use to calm yourself down.

- take deep breaths
- count to ten
- take a drink of water
- walk away
- think of a positive mental image
- use positive self-talk
- focus on your goals

PART TWO: What other strategies can you think of? List them below.

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

PART THREE: As a class, create a list of the "Top Ten Strategies to Calm Yourself Down." Copy the list onto the back of this sheet.

PART FOUR: Choose one strategy that you think will work best for you. Write about it in the space below.

_____
_____
_____
_____
_____
_____

PART FIVE: Share your strategy with a partner.