



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



STEPS TO CALMING DOWN

Learn to recognize your anger signs.

- Check your breathing, tummy, jaws, fists and pulse for tension.

Stop and take control.

- Take 5!
- You are in control of your own *behavior*, no matter what you are *feeling*!

Remove yourself from the situation.

- Give yourself a calming time-out.

Deep Breathing

- Slowly, take 5 deep breaths. Blow your anger out!

SLOWLY count to 10.

- Count to 10 in your head, and then count backwards from 10 back to zero.

Stay calm and in control.

- Imagine yourself as calm, safe and in control.
- Think calm, peaceful thoughts until you feel more relaxed and cooled down.

Think, and *choose* a safe way to behave.

- You are *the director of your emotions*. You *choose how to behave*.
- Keep yourself and others safe.
- Use your words.
 - State, "Stop it! I don't like that."
 - Use a confident voice and say, "I feel mad when you _____."
 - Tell others when you need time and space to calm down.

Do something physical to use up your energy.

- Listen to music.
- Sing and dance along to the beat.
- Run, jump, and skip yourself to a calmer self!

Talk about how you feel with a friend or caring adult.

- Ask for wise advice from trusted people. Find an UP-stander to help you.
- Remember ways you have stayed safe by being *the director of your emotions* in the past.
- Be an *UP-stander* when others need support.