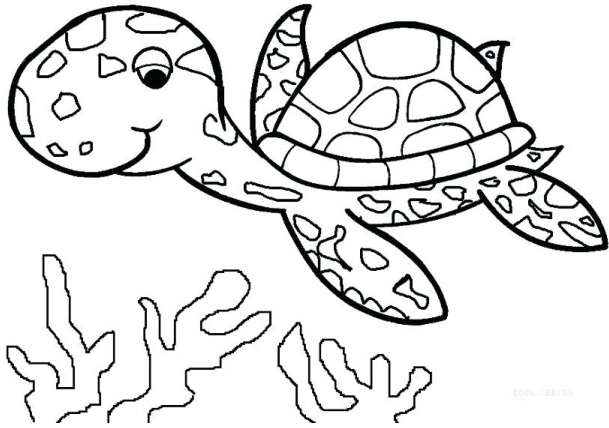


Modulation Cards—cut out, color and glue onto index cards to make skills cards for your toolbox



Turtle Technique

(pull head in toward body)

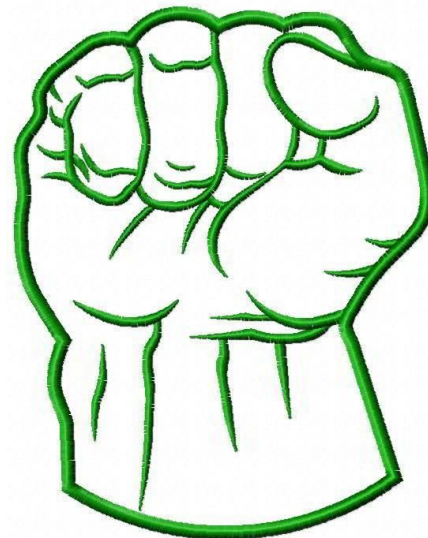


Bounce back from your feelings

Bounce, throw or play with a ball



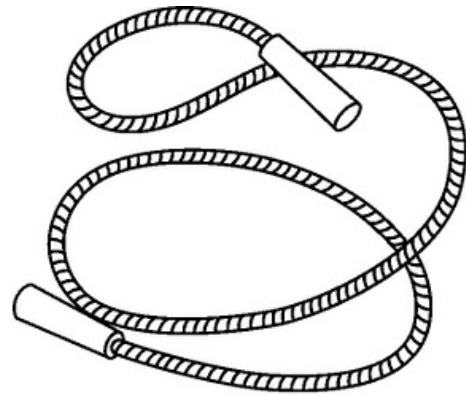
Count backwards from 25



Tense then relax your fists

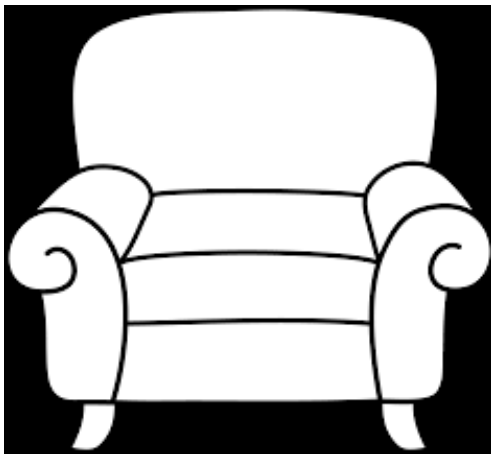


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Exercise
Jump rope
Do 10 jumping jacks

Four Breathing (breathe in for four seconds, hold breath for four seconds, then breathe out for four seconds)



Have a seat (sitting down helps the body relax)

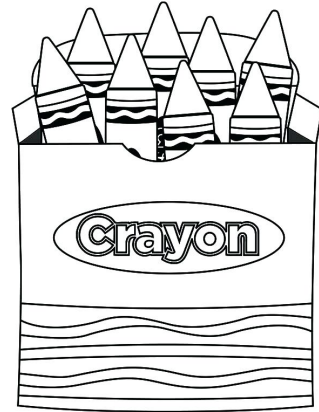


If you need to punch
Punch a PILLOW or something soft



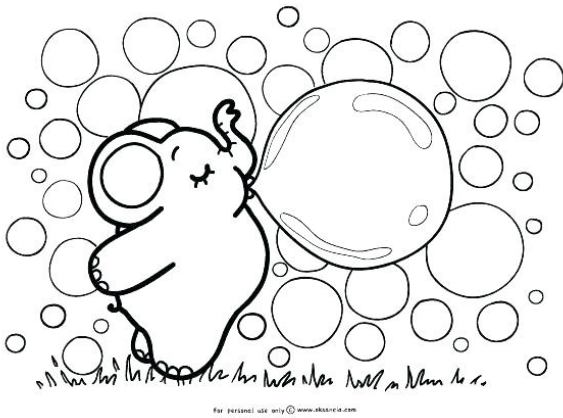
Tear paper

Doing something physical that is non-harmful helps to get the anger out



Color

Is a soothing activity that helps calm



Chew Gum

(this repetitive motion helps self-soothe)



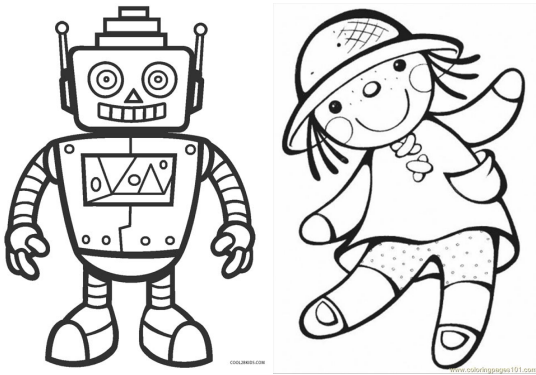
Showering or taking a bath helps to soothe your mind and body



Writing down what you are thinking and feeling helps to get it out in a positive way.



Talk to an adult or friend



Robot Rag Doll
(Tighten your whole body like a Robot;
then relax your whole body like a rag doll)



Take a walk



Hit some baseballs or play catch



Have a cool drink
Focus on how it feels when you drink something really cold



Take a nap



Draw it out



Dance like no one is watching



Sing out loud to your favorite song



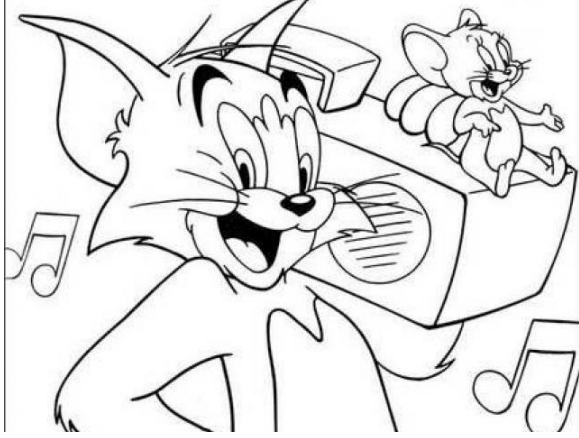
Make a craft

Build or sew something, try to use your imagination



Read a book

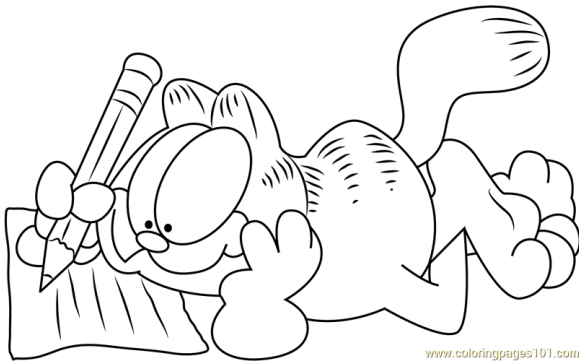
A new one or one of your favorites



Listen to music or make your own



Pet an animal (that you know)



Write a story