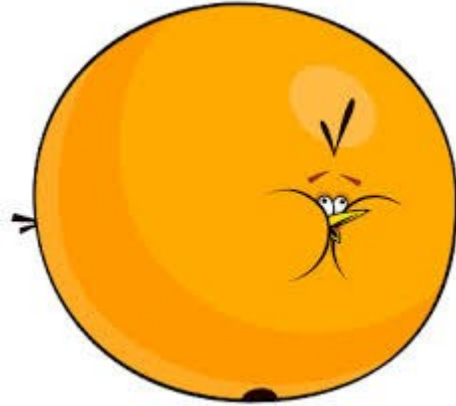


COOL DOWN STRATEGIES



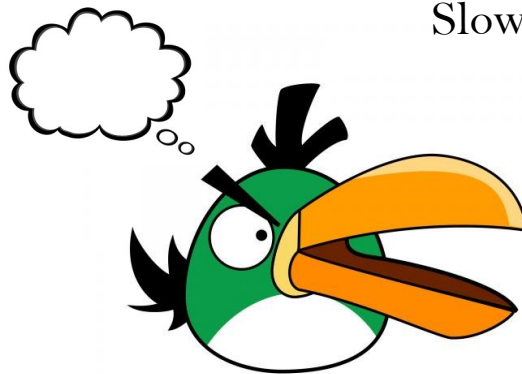
Birds Nest

A quiet, calm place



Balloon Breathing

Slow, deep breaths



Boomerang bird

Stop and think how
your actions will
affect yourself and
others



Calming activities

Do something that
calms you down
(coloring, go for a
walk, listen to music)



Mighty Eagle

An adult that can
step in and help