

EXAMPLE OF CALM-DOWN TOOLS

Actions:

- ▶ Walk away and take a break
- ▶ Go to a designated calm-down spot
- ▶ Show the opposite emotion (half smile, soften face, voice quiet, shoulders up and strong)
- ▶ Say what you want to do out loud “I’m not yelling.” “I’m walking away. I’m not going to argue.”
- ▶ Mantras... “I can handle this.” “Keep it little.” “I’m okay.”
- ▶ Change the channel (out loud if possible) – Angry to calm self-talk
- ▶ Tighten–Release movements or “lemon squeeze”
- ▶ Energy release (jump rope, brisk walk, basketball, jog)
- ▶ Sensory shock (cold shower, firm touch, holding ice, strong taste, rubber band snap)
- ▶ Go towards public areas. Stay around others. We shore up best when the world is watching.

Distractions

- ▶ Music, electronics, sudoku, drawing, reading, mental game, orient through five senses

Soothers

- ▶ Belly breaths (5 or more slow inhale/exhale through the nose)
- ▶ Sensory calming -bed, blanket, comfort smell, hugs/touch, back rub, rocking, bubble bath, warm drink
- ▶ Mindfulness, guided imagery