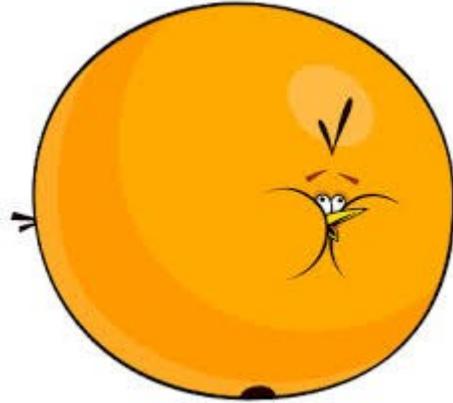


# COOL DOWN STRATEGIES



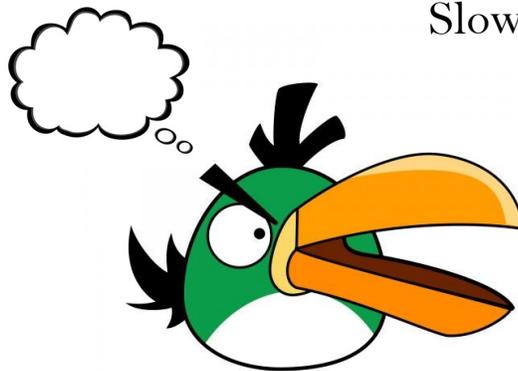
## **Birds Nest**

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