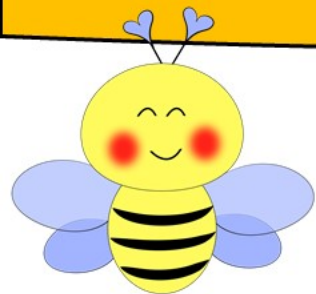


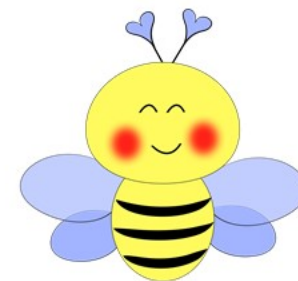
Counting down to calming down



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Counting down to calming down



10



Count
forwards
or
backwards

10 9 8 7 6
5 4 3 2 1



9



Imagine a
turtle shell
which is
there to
protect you



8



I can
cool it!

Self-talk
Repeat a
helpful
phrase to
yourself



7



Walk away
from the
situation



6



Get active
and do some
exercise



5



Remember
something
funny such
as a joke



4



Imagine your
safe place or
your happy
place



3



Sit down,
close your
eyes and just
relax



2



Listen to
your
favourite
music



1



Talk to a
friend and
share how
you feel

