

Cool Downs

Ways to calm down your body and/or mind when you are angry.

In the moment:

- Splash water on face or wrists
- Drink water
- Take deep belly breaths
- Smell something soothing
- Suck on a hard candy/mint
- Count backwards from 20 by 4s
- Visualize yourself calm

When you can leave:

- Walk away
- Go on a run
- Eat a snack
- Listen to music
- Dance
- Stretch
- Get fresh air
- Write it down

Remember! A Good Cool Down:

- Doesn't hurt you
- Doesn't hurt others
- Is a legal option