



1. Stop!

2. How does my body feel?

3. What am I thinking?

4. Try to calm down by:

Taking three deep breaths

Thinking calming thoughts

Using self-talk

5. What can I do to solve the problem?

6. When calm, think about:

Why was I angry?

What did I do?

What worked?

What could I have done differently?

Stop!

Calm
down!

Reflect!