Calming Down

Created by George Timlin
This book will help me keep calm.
When I’m angry or upset there are three things I can try.
Think before I do anything! Take a ‘time out’!

I can stop and think!
I need to take three deep breaths!

Take time to relax and calm myself down.
I can close my eyes and think……
...of a strawberry and a candle.
When I think of the strawberry I can take a deep breath in through my nose. Like I’m smelling the strawberry.
Hold my breath and count to three slowly in my head.
Then I think of the candle. I can breathe out slowly through my mouth. Like I’m blowing the candle out.
I can try to do this three times.
This will help me feel calm inside.
I can then try to move away and think of something I like.

(I can draw a picture of the thing I like thinking of in the thought bubble above)
This is a good idea.
THE END