

Calm down dice

Print out the die you require.

Ask your child to colour the images and talk about them whilst they colour.

1. Breathing – slowing your breathing down can really help you feel calmer. A good exercise is to breathe in for the count of 7 and breathe out for the count of 11.
2. Exercise is incredibly helpful because it helps burn off all the adrenaline that is building up when you are anxious or angry. Any form of exercise is helpful. It also helps you focus on something else rather than what is making you anxious or angry.
3. Counting either forwards, backwards from any number can be helpful. Again it gives your mind a different focus.
4. Younger version -Pushing against something such as a wall is helpful, again it is shifting the focus and also helping you to get the physical effects of adrenaline out of your body.
5. Older version – self hugging can feel really calming.
6. Just letting yourself flop on the beanbag or cushion and try and relax all your muscles and your mind can be really helpful.
7. Thinking happy thoughts can shift your focus from the worrying or angry thoughts

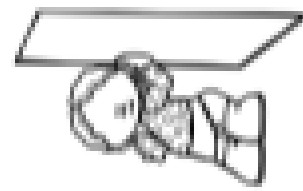
Calm down breathing



Count forwards or backwards

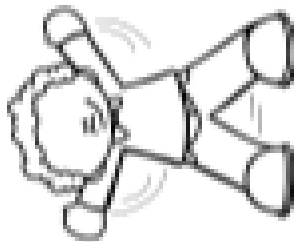


Push against a wall



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Exercise



Flip on a beanbag or cushion



Think happy thoughts



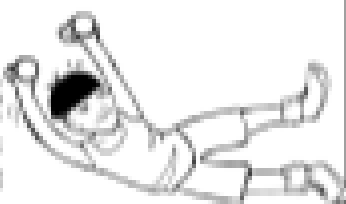
Calm down breathing



Count forwards or backwards



Exercise

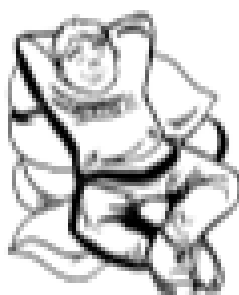


Self hug



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Flop on a beanbag or cushion



Think happy thoughts

